

# Long River Boxing Form/Introduction to Tai Chi

**Joe Brady &  
Jacqui Shumway**

The Tai Chi Project at  
Living Younger Longer  
Institute

1529 York Street Ste. 1,  
Denver, Colorado 80206

PHONE: 303-744-7676  
(message)

e-MAIL:  
[taichiproj@earthlink.net](mailto:taichiproj@earthlink.net)

## Preparation Sequence



Wu Ji posture

Hands Up  
You Down

Lion Plays  
with a Ball

Wardoff  
Left



## Grasp Sparrow's Tail (Opening Sequence)



Wardoff

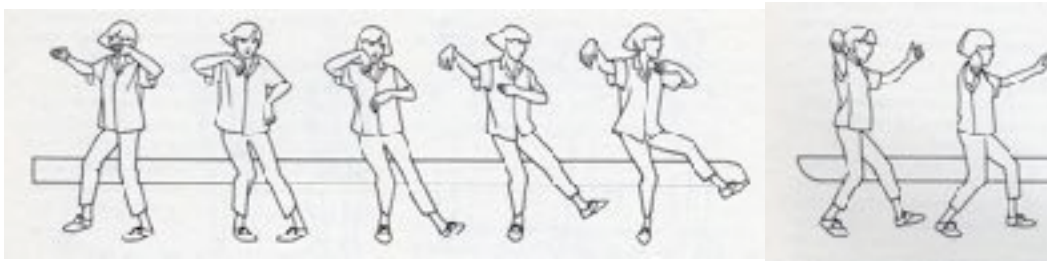
(Rollback)

Press

Push



## Transition



Single Whip



## Closing Sequence



Intercept & Punch

Withdraw & Push

Cross Hands

