

Name: _____

Date: _____

Tai Chi on the Beach 2019

S V Y R S N I A T N U O M E H T H S U P V S B N
Z F H I D Y G Y I F A V B X D O A Z L W E V Q J
J G X T G F Q U I Y J Y Q I Z A S E F W O A U W
S G N I W G N I H S A L F E N A R C E T I H W O
X D P Z U U S Z W A V I N G H A N D S F O D K B
R Q D T X K D K A B E J C F O B B X T P M J R L
H C N U P D N A Y R R A P P Z M R I O N I P M E
E T U L E H T Y A L P H L G I X U D F W Y G K R
H C N X M H V V H P Q H L U F T S U T F F C N E
S T F R H G P O M C S W K L E R H V M C D C T D
E B A E U R G P X T S O R I P V K K O V K K F N
I W P P L P I O R S Z Q S R E Q N L Q C H I E U
P S H U E P X D A L C W J X A Q E X F I E C L H
M Y G L W D W C B S C Q X L E R E H J X M K K C
Y T F S S D R A W N W O D H C N U P E L Z R C N
I N L E B L O C K A N D C L O S E I H H N I I U
Q F D M U J W T K S D P I H W E L G N I S G K P
K E E O V P S D N A H G N I T F I L N N Z H V Z
V Y A N Q H W M N W A M V B O B J X P Q N T N Y
H O E K S N U J W K Q V T S D N A H D U O L C Y
N N N E A J H I I I Y A O P E N A N D C L O S E
J K L Y B E A C O M M E N C E M E N T D Z L V D
A Q D B R F C E S R O H R E H G I H P N Y O G H
T A O C E H T G N I Y T Y L E R U S I E L K W F

white crane flashing wings
push the mountain
parry and punch
lifting hands
waving hands
single whip
kick left

leisurely tying the coat
punch downwards
repulse monkey
play the lute
commencement
kick right

punch under elbow
block and close
open and close
higher horse
cloud hands
brush knee