

Flowing Water Tai Chi Fan

Posture #	Name
1	Starting Position
2	Spring water flowing to the East
3	Big river flips pierce waves
4	Sky and water merge to same color
5	Dragon swims through flower
6	Ancient stone sinks down to the river
7	Shake up river and mountain
8	Fair lady catches butterfly
9	Dragon swims through flower
10	Blue dragon comes out of water
11	Lotus flower emerges from water
12	Goldfish wiggles its tail
13	Fair lady catches butterfly
14	Finishing posture