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URL: <http://rettop.com/BaFaWuBu-8Methods5steps.pdf>

Site: <http://rettop.com>

(you can just type in rettop.com in google or in the browsers URL rettop=potter backwards)

Notes:

There are lots of other videos on youtube.

My memory isn't the greatest when it comes to body movement so most of these may have a slight variation from what Nina showed us- but for the most part mirror her.

The number after the title is how long the video is.

Ba Fa Wu Bu- 8 Methods 5 steps

8 Methods 5 Steps Tai Chi | Follow Me Mirror Version | Bafa Wubu- 3:31

<https://youtu.be/2NbaYgoJHHg?si=7iPrP-YgeIE9LYij>

Ba Fa Wu Bu HD- Forward and Backward-3:32

https://youtu.be/dR169x_jB00?si=Yw2rv1jhxy6ezmOh

Bafa Wubu of Tai Chi (Eight Methods and Five Steps)- 6:54

<https://youtu.be/5Y7lhyWEREA?si=hhu3Rdg5T4Oimv2G>

Bafa Wubu (8Methods 5 Steps) Tai Chi with 16 step names- 3:44

<https://youtu.be/eEqDwkjYZEA?si=KNSGCvVtdjkJiNPF>

Intro to Ba Fa Wu Bu: First Half Full Lesson-39:22

https://youtu.be/4da5Y_kKYfc?si=iT8LY2vTb9R-shet