

Dao Chuan - Wudang Tai Chi Chuan Advanced Shortform

1. Tai chi at rest (Wu Chi)
2. Ready style (Tai Chi)
3. Beginning style (tui peng, jun ji)
4. Step aside flying oblique low and high
5. Raise hands and step up
6. White crane flaps its wings
7. Embrace the tiger and return to mountain
8. Cross hands
9. Oblique brush knee twist step
10. Turn body brush knee twist step
11. Seven stars style right
12. Grasping the bird's tail
13. Oblique single whip
14. Fist under elbow
15. Seven stars style left
16. Needle at sea bottom
17. Fan through the back
18. Turn body and swing fist
19. Right drape body
20. Left separate legs
21. Turn round and kick with heel
22. Parting wild horse's mane left and right
23. Fair lady works at shuttle left and right
24. Cross and single hand sweep lotus leg
25. Punch the groin
26. Turn body swing fist
27. Step up, pat the horse high
28. Step up grasping the bird's tail
29. Single whip
30. Snake creeps down
31. Golden cockerel on one leg
32. White snake puts out its tongue
33. Golden cockerel on one leg
34. Step back to strike the tiger, left
35. Twist the body and kick
36. Step back to strike the tiger, right
37. Tai chi in unity
38. Completion

Practical Tai Chi Chuan Danmark

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