

DAO CHUAN - WUDANG TAI CHI CHUAN LANGFORM

1. Section:

1. THE READY STYLE (Wu Chi: No Ultimate)
2. THE TAI CHI BEGINNING STYLE.
(Vanguard Arms), (Extend the arms)
3. THE SEVEN STARS STYLE
4. GRASPING THE BIRD'S TAIL
5. THE SINGLE WHIP
6. FLYING OBLIQUE
7. RAISE HANDS AND STEP UP
(Single Seizing the legs), (Double Seizing the Legs)
8. WHITE CRANE FLAPS ITS WINGS
(Break Arm Style)
9. BRUSH KNEE TWIST STEP
10. THE SEVEN STARS STYLE (left)
11. BRUSH KNEE TWIST STEP
12. THE SEVEN STARS STYLE (left)
13. STROKE THE LUTE
14. STEP UP, PARRY AND PUNCH
15. AS IF SHUTTING A DOOR
16. EMBRACE THE TIGER AND RETURN TO
MOUNTAIN
17. CROSS HANDS
18. OBLIQUE BRUSH KNEE TWIST STEP
19. TURN BODY, BRUSH KNEE TWIST STEP
20. THE SEVEN STARS STYLE (right)
21. GRASPING THE BIRD'S TAIL
22. OBLIQUE SINGLE WHIP

2. Section:

23. FIST UNDER ELBOW
24. STEP BACK AND REPULSE MONKEY
25. FLYING OBLIQUE (Low), (High)
26. RAISE HANDS AND STEP UP
27. WHITE CRANE FLAPS IT'S WINGS
28. BRUSH KNEE TWIST STEP

29. THE SEVEN STARS STYLE (left)
30. NEEDLE AT SEA BOTTOM
31. FAN THROUGH THE BACK
32. TURN BODY AND SWING FIST
33. STEP BACK, PARRY AND PUNCH
34. STEP UP, GRASPING THE BIRD'S TAIL
(REVERSE SEVEN STARS)
35. THE SINGLE WHIP
36. CLOUDS HANDS (Turning hands)
37. THE SINGLE WHIP

3. Section:

38. PAT THE HORSE HIGH (left)
39. LEFT DRAPE BODY
(Separate Hands), (Tiger Embraces head)
40. RIGHT SEPARATE LEGS
41. PAT THE HORSE HIGH (right)
42. RIGHT DRAPE BODY
43. LEFT SEPARATE LEGS
44. TURN ROUND AND KICK WHIT THE HEEL
45. BRUSH KNEE TWIST STEP
46. STEP FORWARD AND PLANT PUNCH
47. TURN BODY AND SWING FIST
48. STEP UP AND PAT THE HORSE HIGH (left)
49. LEFT DRAPE BODY
50. RIGHT SEPARATE LEGS
51. STEP BACK INTO THE SEVEN STARS STYLE
52. STEP BACK TO STRIKE THE TIGER
53. TWIST THE BODY AND KICK
54. BOX THE EARS
55. RIGHT DRAPE BODY
56. LEFT SEPARATE LEGS
57. TURN ROUND AND KICK WHIT THE HEEL
58. SWING THE FIST
59. STEP UP, PARRY AND PUNCH

Practical Tai Chi Chuan Danmark

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60. AS IF SHUTTING A DOOR
61. EMBRACE TIGER AND RETURN TO MOUNTAIN
62. CROSS HANDS
63. OBLIQUE BRUSH KNEE TWIST STEP
64. TURN BODY, BRUSH KNEE TWIST STEP
65. THE SEVEN STARS STYLE
66. GRASPING THE BIRD'S TAIL
67. OBLIQUE SINGLE WHIP

4. Section:

68. THE SEVEN STARS STYLE
69. PARTING THE WILD HORSE'S MANE
70. THE SEVEN STARS STYLE
71. PARTING THE WILD HORSE'S MANE
72. THE SEVEN STARS STYLE
73. PARTING THE WILD HORSE'S MANE
74. FAIR LADY WORKS AT SHUTTLE
75. THE SEVEN STARS STYLE
76. PARTING THE WILD HORSE'S MANE
77. FAIR LADY WORKS AT SHUTTLE
78. THE SEVEN STARS STYLE
79. GRASPING THE BIRD'S TAIL
80. THE SINGLE WHIP
81. CLOUD HANDS (Turning hands)
82. THE SINGLE WHIP

5. Section:

83. SNAKE CREEPS DOWN
84. GOLDEN COCKEREL STANDS ON ONE LEG
(White Snake spits out its Tongue)
85. STEP BACK AND REPULSE MONKEY
86. STEP ASIDE, FLYING OBLIQUE
87. RAISE HANDS AND STEP UP
88. WHITE CRANE FLAPS ITS WINGS
(Double sizing legs)

89. BRUSH KNEE TWIST STEP
90. THE SEVEN STARS STYLE (left)
91. NEEDLE AT SEA BOTTOM
92. FAN THROUGH THE BACK
93. TURN BODY AND SWING FIST
94. STEP UP, PARRY AND PUNCH
95. STEP UP GRASPING THE BIRD'S TAIL
96. THE SINGLE WHIP
97. CLOUD HANDS
98. THE SINGLE WHIP

6. Section:

99. PAT THE HORSE HIGH (left)
100. SLAP THE FACE
101. CROSS AND SINGLE HAND SWEEP LOTUS LEG
102. BRUSH KNEE TWIST STEP
103. STEP UP TO PUNCH THE GROIN
104. STEP UP, GRASPING THE BRID'S TAIL
105. THE SINGLE WHIP
106. SNAKE CREEPS DOWN
107. STEP UP, SEVEN STARS
108. STEP BACK TO RIDE THE TIGER
109. TURN BODY AND SLAP THE FACE
110. TURN BODY AND DOUBLE HAND SWEEP
LOTUS LEG
111. DRAW THE BOW TO SHOOT THE TIGER
112. PAT THE HORSE HIGH (left)
113. SLAP THE FACE
114. TURN BODY AND SWING FIST
115. STEP UP TO PAT THE HORSE HIGH
116. STEP UP, GRASPING THE BIRD'S TAIL
117. THE SINGLE WHIP
118. TAI CHI AT REST (Tai Chi in Unity)
119. COMPLETION STYLE

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