

Dao Chuan - Wudang Tai Chi Chuan Kortform

1. Sektion:

1. Tai Chi at rest (1)
2. Tai Chi ready (1)
3. The Tai Chi beginning style (9)
4. The seven stars style (3)
5. Grasping bird's tail (6)
6. Single whip (3)

2. Sektion:

7. Turning hands / cloud hands (10)
8. Pat the horse high (3)
9. Turn the body to face the left (6)
10. Raise the right leg and kick out in a curve (3)
11. Step back in to the seven stars style (3)

3. Sektion:

12. Step back to strike the tiger (3)
13. Twist the body and kick (3)
14. Boxing the ears (3)
15. Turn the body to face the right (3)
16. Raise the left leg and kick out in a curve (3)
17. Turn around and kick with the heel (3)

4. Sektion:

18. Brush knee twist step (3)
19. Step forward and punch down (3)
20. Swing the fist (3)
21. Snake creeps down (6)
22. Step up seven stars (1)

5. Sektion:

23. Step back to ride the tiger (6)
24. Turn the body and slap the face (2)
25. Turn body and double hand sweep lotus leg (3)
26. Draw the bow to shoot the tiger (6)
27. Step back and repulse monkey (3)
28. The seven stars style (3)

6. Sektion:

29. Stroke the lute (6)
30. Step up parry and punch (6)
31. As if shutting a door (3)
32. Embrace tiger and return to mountain (3)
33. Tai Chi in unity (2)
34. Completion style (1)

