

# T'ai Chi

## Moves in Second Section

- 1 Embrace Tiger Return to Mountain**
- 2 Crystal Ball**
- 3 Press From Hip**
- 4 Roll, Separate, Drop, Wipe**
- 5 Gather Water**
- 6 Single Whip**
- 7 Heel Kick Left**
- 8 Heel Kick Right**
- 9 Fist Under Elbow**
- 10 Repulse the Monkey**
- 11 Diagonal Flying**
- 12 Wave Hands in Clouds**
- 13 Gather Water**
- 14 Snake Creeps Down (Low Single Whip)**
- 15 Golden Rooster Stands on Left Leg**
- 16 Golden Rooster Stands on Right Leg**
- 17 Cradle Kick, Right Foot**
- 18 Cradle Kick, Left Foot**
- 19 Cross Hands and Rest**