

# T'ai Chi

## Moves in Third Section

- 1 Turn and Kick with Left Heel
- 2 Right Swim
- 3 Twist Step, Left
- 4 Twist Step, Right (make fist)
- 5 Straight Step (fist strike knee)
- 6 Carry The Ball
- 7 Swinging Crystal Balls
- 8 Block and Grab
- 9 Press, Roll, Separate, Drop, Wipe
- 10 Gather Water
- 11 Single Whip
- 12 Fair Maiden at the Shuttles, Right
- 13 Fair Maiden at the Shuttles, Left
- 14 Fair Maiden at the Shuttles, Right
- 15 Fair Maiden at the Shuttles, Left
- 16 Right Crystal Ball, Stroke the Horse's Mane
- 17 Left Crystal Ball, Stroke the Horse's Mane
- 18 Swinging Crystal Balls
- 19 Block and Grab
- 20 Press, Roll, Separate, Drop, Wipe
- 21 Gather Water
- 22 Snake Creeps Down (Low Single Whip)
- 23 Up To Seven Stars
- 24 Ride The Tiger
- 25 Sweep The Lotus
- 26 Kick Left, Touching Palms
- 27 Bend The Bow
- 28 Shoot the Tiger
- 29 Twist Step Left
- 30 Twist Step Right (make fist)
- 31 Straight Step (strike at knee)
- 32 Brush Elbows
- 33 Double Upward Block
- 34 Close