

T'ai Chi

Moves in First Section

- 1 Salutations
- 2 Right Crystal Ball
- 3 Ward Off Left(Stroke the Horse's Mane)
- 4 Left Crystal Ball
- 5 Ward Off Right(Stroke the Horse's Mane)
- 6 Roll Back Right (Right Crystal Ball, Swing)
- 7 Roll Back Left (Left Crystal Ball, Swing)
- 8 Roll Back Right (Right Crystal Ball, Swing)
- 9 Roll Back Left (Left Crystal Ball, Present)
- 10 Block & Grab, Press
- 11 Roll, Separate, Withdraw
- 12 Push
- 13 Drop, Wipe
- 14 Gather Water
- 15 Single Whip, Adjust
- 16 Welcome and Right Scissor
- 17 Shoulder (elbow) Strike
- 18 White Crane spreads Wings
- 19 Right Swim
- 20 Left Swim, Brush Knee Right
- 21 Right Swim, Brush Knee Left
- 22 Left Swim, Brush Knee Right
- 23 Strike, Right Hand (right foot comes forward)
- 24 Left Scissors
- 25 Deflect Downward
- 26 Double Brush Knees
- 27 Extended Swim, Brush Knee, Withdraw to Right Hip
- 28 Twist Step, Left
- 29 Twist Step, Right (make fist)
- 30 Straight Step (fist strike knee)
- 31 Brush Elbows, Right
- 32 Brush Elbows, Left
- 33 Push
- 34 Upward Double Block
- 35 Cross Wrists
- 36 Close