

MetroWest T'ai Chi

www.MetroWestTaiChi.com

508-656-0550

Jon@MetroWestTaiChi.com

Moves from First Section

1. Salutations
2. Ward Off, Left
3. Ward Off, Right
4. Deflect Right, Spring Forward
5. Roll Back Left, Spring Forward
6. Roll Back Right, Spring Forward
7. Roll Back Left
8. Press
9. Roll, Separate, Withdraw, Push
10. Drop, Wipe, Gather Water
11. Single Whip
12. Welcome and Right Scissors, Rest
13. Right Shoulder (Elbow) Strike
14. White Crane Spreads Wings
15. Right Swim, Brush Knee
16. Left Swim, Brush Knee
17. Right Swim, Brush Knee
18. Left Swim, Brush Knee
19. Strike with Right Hand, (Right Foot Comes Up)
20. Left Scissors
21. Deflect Downward
22. Double Brush Knees
23. Extended Swim (Brush Knee, Withdraw to Right Hip)
24. Twist Step, Left
25. Twist Step, Right (Form Handshake and Fist)
26. Straight Step (Punch at Opponents Knee/Punch Under Left Forearm)
27. Brush Elbows (Right Elbow, Left Elbow)
28. Withdraw and Push
29. Upward Double Block
30. Cross Wrists
31. Close