

MetroWest T'ai Chi

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Moves from Second Section

1. Embrace Tiger, Return to Mountain
2. Deflect Right, Roll Back Left
3. Press From Hip
4. Roll, Separate, Withdraw, Push
5. Drop, Wipe, Gather Water
6. Single Whip (to the Corner)
7. Left Heel Strike
8. Right Heel Strike
9. Fist Under Elbow
10. Repulse Monkey (three or five times ending with closing on the left)
11. Diagonal Flying
12. Wave Hands in Clouds (three steps to the left)
13. Gather Water
14. Low Single Whip
15. Snake Creeps Down
16. Golden Rooster Stands on Left Leg
17. Golden Rooster Stands on Right Leg
18. Cradle Kick, Right Foot
19. Cradle Kick, Left Foot
20. Cross Hands and Rest