

The Movements of the Taoist Tai Chi Set

1. Opening of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Whip to One Side
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Left Brush Knee
8. Strum the Pei Pa
9. Left Brush Knee
10. Right Brush Knee
11. Left Brush Knee
12. Strum the Pei Pa
13. Left Brush Knee
14. Chop with Fist
15. Step Up, Deflect, Parry, Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Single Whip
20. Fist Under Elbow
21. Step Back to Ward Off Monkey (Right)
22. Step Back to Ward Off Monkey (Left)
23. Step Back to Ward Off Monkey (Right)
24. Flying at a Slant
25. Step Up and Raise Hands
26. White Stork Spreads Wings
27. Left Brush Knee
28. Push Needle at Sea Bottom
29. Fan Penetrates Through the Back
30. Turn and Chop with Fist
31. Step Up, Deflect, Parry, Punch
32. Grasp Bird's Tail
33. Whip to One Side
34. Wave Hands Like Clouds (5 times)
35. Whip to One Side
36. High Pat on Horse
37. Separation Right Foot
38. Separation Left Foot
39. Turn and Kick with Left Foot
40. Left Brush Knee
41. Right Brush Knee
42. Step Up and Punch Low
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry, Punch
45. Kick with Right Foot
46. Strike Tiger Left
47. Strike Tiger Right
48. Kick with Right Foot
49. Strike Tiger with Fists
50. Kick with Left Foot 90 Degrees
51. Turn and Kick with Right Foot
52. Chop with Fist
53. Step Up, Deflect, Parry, Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Horizontal Whip to One Side
58. Parting Wild Horse's Mane (Right)
59. Parting Wild Horse's Mane (Left)
60. Parting Wild Horse's Mane (Right)
61. Parting Wild Horse's Mane (Left)
62. Parting Wild Horse's Mane (Right)
63. Left Grasp Bird's Tail
64. Grasp Bird's Tail
65. Whip to One Side
66. Fair Lady Works Shuttles (Left)
67. Fair Lady Works Shuttles (Right)
68. Fair Lady Works Shuttles (Left)
69. Fair Lady Works Shuttles (Right)
70. Left Grasp Bird's Tail
71. Grasp Bird's Tail
72. Whip to One Side
73. Wave Hands Like Clouds (7 times)
74. Whip to One Side
75. Creeping Low Like a Snake
76. Golden Cock Stands On Left Leg
77. Golden Cock Stands On Right Leg
78. Step Back to Ward Off Monkey (Right)
79. Step Back to Ward Off Monkey (Left & Right)
80. Flying At a Slant
81. Step Up and Raise Hands
82. White Stork Spreads Wings
83. Left Brush Knee
84. Push Needle at Sea Bottom
85. Fan Penetrates Through the Back
86. White Snake Turns and Puts Out Tongue
87. Chop with Fist, Step Up, Deflect, Parry, Punch
88. Grasp Bird's Tail
89. Whip to One Side
90. Wave Hands Like Clouds (3 times)
91. Whip to One Side
92. High Pat on Horse
93. Cross Hands to Penetrate
94. Turn and Kick with Right Foot
95. Chop with Fist
96. Step Up, Deflect, Parry, Punch
97. Grasp Bird's Tail
98. Whip to One Side
99. Creep Low Like a Snake
100. Step Up to Form Seven Stars
101. Retreat to Ride Tiger
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop with Fist
105. Step Up, Deflect, Parry Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi