



# ***TAI CHI***

## **STUDY GUIDE**

- 1) Preparation
- 2) Beginning
- 3) Upward and Downward
- 4) Inward and Outward
- 5) Raise Hands and Stance
- 6) Tai Chi Stance
- 7) Arrow and Bow Stance
- 8) Arrow and Bow Twist Stance
- 9) Ward Off and Ward Off Twist
- 10) Single Hand Attaching
- 11) Single Hand Attaching Steps – Forward and Backward
- 12) Single Hand Push
- 13) Right and Left Holding Tai Chi Ball
- 14) Move Forward, Right and Left –m Holding Tai Chi Ball
- 15) Roll Back
- 16) Press
- 17) Push
- 18) Put Ward Off, Roll Back, Press Push Together
- 19) Grasp Sparrow's Tail
- 20) Grasp Sparrow's Tail in Four Directions
- 21) Long and Short Hand
- 22) Single Whip – Upwards and Downwards – Diagonal – Single Whip stance
- 23) Raise Hands – posture
- 24) Lean Forward
- 25) Stork Spreads Wings
- 26) Brush Knee and Twist Step
- 27) Play the PI Pa (fiddle)
- 28) Deflect Downward, Parry and Punch
- 29) Apparent Close Up
- 30) Cross Hands



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- 31) First Section Tai Chi Forms Right
- 32) First Section Tai Chi Forms Left
- 33) Both Arms Push Hands (includes change stance, step forward and backward)
- 34) Inward Holding Tiger
- 35) Outward Holding Tiger
- 36) Both Arms Holding Tiger
- 37) Carry Tiger To Mountain
- 38) Diagonal Single Whip
- 39) Fist Under Elbow
- 40) Backward Steps
- 41) Right and Left Parry Outward
- 42) Right and Left Push Forward
- 43) Step Back and Repulse Monkey
- 44) Slanting Flying
- 45) Wave Hands Like Clouds
- 46) Single Whip Shifting
- 47) Single Whip Upward and Downward
- 48) Snake Creeps Down
- 49) Golden Cook Stands On One Leg (Lift Knee)
- 50) Four Directions: Snake Creeps Down and Golden Cook Stands on One Leg
- 51) Wheel Elbow and Chops (Includes Two Person Practice)
- 52) Separating Foot
- 53) Right and Left Turn Around
- 54) Kick With Sole
- 55) Step Up and Punch Downward
- 56) Second Section Tai Chi Forms Right
- 57) Second Section Tai Chi Forms Left
- 58) Step Forward and Ward Off (Includes Breathing Training)
- 59) Step Backward and Roll Back (Includes Breathing Training)
- 60) Step Forward and Press/Push (Includes Breathing Training)



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- 61) Step Up and Grasp Sparrow's Tail
- 62) Rotate-Brush Elbows
- 63) Shooting Star Palm
- 64) Fair Lady Works at Shuttles (Still Stance)
- 65) Fair Lady Works at Shuttles (Step Forward)
- 66) Fair Lady Works at Shuttles (Twist Step)
- 67) Fair Lady Works at Shuttles (Four Directions)
- 68) Turn and Chop Opponent With Fist (Includes Two Person Practice)
- 69) Strike Opponent's Ears With Both Fists
- 70) High Pat On Horse
- 71) White Snake Puts Out Tongue
- 72) Fan Through The Back
- 73) Rotate Fists and Arms
- 74) Rotate Fists and Arms, Upward and Downward
- 75) Four Directions Snake Creeps Down and Step Up To Form Seven Stars
- 76) Back Step To Ride Tiger
- 77) Tiger Looks At Right and Left Side
- 78) Right and Left Hit Tiger With Hands
- 79) Retreat To Ride Tiger
- 80) Both Arms Brush Clouds
- 81) Sweep Leg
- 82) Turn Around and Kick Horizontally
- 83) Shoot Tiger With Bow
- 84) Roll Hands
- 85) Diagonal Roll Hands
- 86) Violent Dragon Cross River
- 87) Rotate Oar
- 88) Five Style Tai Chi Steps
- 89) Attaching Steps, Forward and Backward
- 90) Tai Chi Conclusion