

TAI CHI CHUAN - WUDANG SHORT FORM

The Short Form movements are taken from the traditional Long Form.
The traditional Long Form is contained within *Complete Tai Chi Chuan*
by Dan Docherty ISBN 1 86126 033 4 (1997)

- 1 TAI CHI AT REST
- 2 READY STYLE
- 3 TAI CHI BEGINNING STYLE
- 4 SEVEN STARS STYLE (RIGHT)
- 5 GRASPING THE BIRD'S TAIL
- 6 SINGLE WHIP
- 7 CLOUD HANDS
- 8 PAT THE HORSE HIGH
- 9 LEFT DRAPE BODY (also called TURN THE BODY TO FACE THE LEFT)
- 10 RIGHT SEPARATE LEGS (also called RIGHT LEG KICKS OUT IN A CURVE)
- 11 STEP BACK SEVEN STARS
- 12 STEP BACK TO STRIKE THE TIGER
- 13 TWIST THE BODY AND KICK
- 14 BOX THE EARS
- 15 RIGHT DRAPE BODY (also called TURN THE BODY TO FACE THE RIGHT)
- 16 LEFT SEPARATE LEGS (also called LEFT LEG KICKS OUT IN A CURVE)
- 17 TURN AROUND AND KICK WITH THE HEEL
- 18 BRUSH KNEE TWIST STEP
- 19 STEP FORWARDS AND PLANT PUNCH (also called STEP FORWARDS AND PUNCH DOWN)
- 20 SWING THE FIST
- 21 SNAKE CREEPS DOWN
- 22 STEP UP SEVEN STARS
- 23 STEP BACK TO RIDE THE TIGER
- 24 SLAP THE FACE
- 25 DOUBLE HAND SWEEPS LOTUS LEG
- 26 DRAW THE BOW TO SHOOT THE TIGER
- 27 STEP BACK AND REPULSE MONKEY
- 28 SEVEN STARS STYLE (LEFT)
- 29 STROKE THE LUTE
- 30 STEP UP PARRY AND PUNCH
- 31 AS IF SHUTTING A DOOR
- 32 EMBRACE TIGER AND RETURN TO MOUNTAIN
- 33 TAI CHI IN UNITY
- 34 COMPLETION STYLE