

TAI CHI CHUAN

WUDANG SHORT FORM 2

The Short Form movements are taken from the traditional Long Form.

1. TAI CHI AT REST
2. READY STYLE
3. BEGINNING STYLE (TUI PENG, JUN JI)
- 4a. STEP ASIDE FLYING OBLIQUE LOW
- 4b. HIGH
5. RAISE HANDS STEP UP
6. WHITE CRANE FLAPS WINGS
7. EMBRACE TIGER AND RETURN TO MOUNTAIN
8. CROSS HANDS
9. OBLIQUE BRUSH KNEE TWIST STEP
10. TURN BODY BRUSH KNEE TWIST STEP
11. SEVEN STARS STYLE RIGHT
12. GRASPING BIRD'S TAIL
13. OBLIQUE SINGLE WHIP
14. UNDER ELBOW SEE FIST
15. SEVEN STARS STYLE LEFT
16. NEEDLE AT SEA BOTTOM
17. FAN THROUGH THE BACK
18. TURN BODY SWING FIST
19. RIGHT DRAPE BODY
20. LEFT SEPARATE LEGS
21. TURN ROUND AND KICK WITH HEEL
22. PARTING WILD HORSE'S MANE LEFT
23. SEVEN STARS STYLE LEFT
24. PARTING WILD HORSE'S MANE LEFT AND RIGHT
25. FAIR LADY WORKS AT SHUTTLE LEFT AND RIGHT
26. CROSS, SINGLE HAND SWEEP LOTUS LEG
27. PUNCH THE GROIN
28. TURN BODY SWING FIST
29. STEP UP, PAT THE HORSE HIGH
30. STEP UP GRASPING BIRD'S TAIL
31. SINGLE WHIP
32. SNAKE CREEPS DOWN
33. GOLDEN COCKEREL ON ONE LEG
34. WHITE SNAKE PUTS OUT ITS TONGUE
35. GOLDEN COCKEREL ON ONE LEG
36. STEP BACK TO STRIKE THE TIGER, LEFT
37. TWIST THE BODY AND KICK
38. STEP BACK TO STRIKE THE TIGER, RIGHT
39. TAI CHI IN UNITY

40. COMPLETION