



THE NAMES OF EACH STYLE
OF TAI CHI CHUAN IN ORDER

1. The Ready Style (1)
2. The Beginning of the Form of Tai Chi (9)
3. Form of Seven Stars (3)
4. Grasping the Bird's Tail (6)
5. The Single Whip (3)
6. Flying Oblique (1)
7. Raise Hands and Step Up (5)
8. White Crane Flaps its Wings (6)
9. Brush Knee Twist Step (3)
10. Form of Seven Stars Left (3)
11. Brush Knee Twist Step (9)
12. Form of Seven Stars Left (3)
13. Hands Stroke Lute (6)
14. Step Up, Parry and Punch (6)
15. As if One Were Shutting a Door (3)
16. Embrace Tiger and Return to Mountain (3)
17. Cross Hands (1)
18. Oblique Brush Knee Twist Step (3)
19. Turn Body, Brush Knee Twist Step (3)
20. Form of Seven Stars (3)
21. Grasping the Bird's Tail (6)
22. Oblique Single Whip (3)



23. Fist Under Elbow (3)
24. Step Back and Repulse Monkey (9)
25. Flying Oblique (6)
26. Raise Hands and Step Up (6)
27. White Crane Flaps its Wings (6)
28. Brush Knee Twist Step (3)
29. Form of Seven Stars Left (3)
30. Needle at Sea Bottom (3)
31. Fan Through The Back (6)
32. Turn Body Throw Fist (3)
33. Step Back Parry and Punch (6)
34. Step Up, Grasping the Bird's Tail (9)
- 35: The Single Whip (3)
36. Wave Hands in Cloud (15)
37. The Single Whip (3)
- End of Beginners Course**
38. Left High Pat The Horse (3)
39. Body Facing Left Side (6)
40. Raise Right Leg and Kick in Curve (3)
41. Right High Pat the Horse (1)
42. Body Facing Right Side (5)
43. Raise Left Leg and Kick in Curve (3)
44. Pivot Body on Heel and Kick with Heel (3)
45. Brush Knee Twist Step (6)



46. Step Forward and Punch (3)
47. Turn Body Throw Fist (3)
48. Step Up, Left High Pat the Horse (1)
49. Body Facing left Side (5)
50. Raise Right Leg and Kick in Curve (3)
51. Step Back and Form of Seven Stars (3)
52. Step Back and Beat the Tiger (3)
53. Side Facing and Kick (3)
54. Strike Ears with Fists (3)
55. Body Facing Right Side (3)
56. Raise Left Leg and Kick in Curve (3)
57. Pivot Body on Heel and Kick with Heel (3)
58. Throw Fist (3)
59. Step Up Parry and Punch (6)
60. As if One Were Shutting a Door (3)
61. Embrace Tiger and Return to Mountain (3)
62. Cross Hands (3)
63. Oblique Brush Knee Twist Step (3)
64. Turn Body Brush Knee Twist Step (3)
65. Form of Seven Stars (3)
66. Grasping the Bird's Tail (6)
67. Oblique Single Whip (3)
- End of Continuation of Part 2**
68. Form of Seven Stars (3)



69. Wild Horse Parting Mane (3)
70. Form of Seven Stars (3)
71. Wild Horse Parting Mane (15)
72. Form of Seven Stars (3)
73. Wild Horse Parting Mane (6)
74. Fair Lady Works at The Shuttle (9)
75. Form of Seven Stars (3)
76. Wild Horse Parting Mane (6)
77. Fair Lady Works at the Shuttle (9)
78. Form of Seven Stars (3)
79. Grasping the Bird's tail (3)
80. The Single Whip (3)
81. Wave Hands in Cloud (15)
82. The Single Whip (3)
83. Snake Creeps Down (6)
84. Cockerel Stands on One Leg (4)
85. Step Back and Repulse Monkey (8)
86. Step Aside, Flying Oblique (6)
87. Raise Hands and Step Up (3)
88. White Crane Faps its Wings (6)
89. Brush Knee, Twist Step (3)
90. Form of Seven Stars Left (3)
91. Needle at Sea Bottom (3)
92. Fan Through the Back (6)

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93. Turn Body Throw Fist (3)
94. Step Up, Parry and Punch (6)
95. Step Up, Grasping the Bird's Tail (9)
96. The Single Whip (3)
97. Wave Hands in Cloud (15)
98. The Single Whip (3)
99. High Pat the Horse (3)
100. Slap on the Face (3)
101. Turn Body - Lotus Leg Cross (3)
102. Brush Knee Twist Step (3)
103. Step Up, Straight Centre Punch (3)
104. Step Up, Grasping the Bird's Tail (9)
105. The Single Whip (3)
106. Snake Creeps Down (6)
107. Step Up - Seven Stars (1)
108. Step Back, Sitting on the Tiger (6)
109. Turn Body - Slap on the Face (2)
110. Turn Body - Swing Leg (3)
111. Curve Bow to Shoot Tiger (6)
112. Left High Pat the Horse (1)
113. Slap on the Face (2)
114. Turn Body - Throw Fist (3)
115. Step Up, High Pat the Horse (1)
116. Step Up, Grasping the Bird's Tail (5)

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117. The Single Whip (3)

118. Yin and Yang are in Harmony and Become Unity (2)

119. Completion (1)