

T'ai Chi Ch'uan Short Form

1. Preparation.
2. Beginning.
3. Ward off with Left Hand.
4. Ward off with Right Hand.
5. Roll Back.
6. Press.
7. Push.
8. Single Whip.
9. Lift Hands.
10. Lean Forward.
11. The Crane Spreads its Wings.
12. Brush Knee Twist Step (L).
13. Hands Playing the P'i Pa.
14. Step Forward, Deflect Downward, Intercept, and Punch.
15. Withdraw and Push.
16. Crossing Hands.
17. Embrace the Tiger to Return to the Mountain.
- 18–21. Same as 5–8, oriented diagonally.
22. Looking at the Fist Under the Elbow.
23. Step Back to Repulse the Monkey.
- 24–27. Repeat 23 (L, R, L, R, respectively).
28. Diagonal Flying.
29. Cloud Hands (3 times).
30. Single Whip.
31. Downward Single Whip.
32. Golden Cock Stands on One Leg (R).
33. Golden Cock Stands on One Leg (L).
34. Separate Right Foot.
35. Separate Left Foot.
36. Turn and Strike with Heel.
37. Brush Knee L, and R.
38. Brush Knee and Punch Down
39. Step, Ward Off, Roll Back, Press, and Push.
40. Single Whip.
41. The Fairy Weaving at the Shuttle (Four Corners).
42. Ward Off Left.
43. Step, Ward Off, Roll Back, Press, and Push.
44. Single Whip.
45. Downward Single Whip.
46. Step Forward to the Seven Stars of the Big Dipper.
47. Step Back to Ride the Tiger.
48. Turn the Body to Sweep the Lotus.
49. Bend the Bow to Shoot the Tiger.
50. Step Forward, Deflect Downward, Intercept, and Punch.
51. Close Up.