



# THE TAI CHI CENTRE

## LEFT SIDE

1. Attention
2. Preparation
3. Beginning
4. Ward off right
5. Ward off left
6. Roll Back
7. Press
8. Push
9. Single whip
10. Lifting hands
11. Shoulder stroke
12. White crane spreads wings
13. Brush right knee and push
14. Play guitar
15. Brush right knee and push
16. Brush left knee and push
17. Brush right knee and push
18. Play guitar
19. Brush right knee and push
20. Step forward, deflect downward, intercept and punch
21. Withdraw and push
22. Crossing hands
23. Embrace tiger, return to mountain
24. Roll back\*
25. Press\*
26. Push
27. Diagonal Single Whip\*
28. Punch under elbow
29. Step back to repulse monkey (L)
30. Step back to repulse monkey (R)
31. Step back to repulse monkey (L)
32. Step back to repulse monkey (R)
33. Step back to repulse monkey (L)
34. Diagonal flying
35. Lifting hands
36. Shoulder stroke
37. Hammer
38. Lifting hands
39. Elbow strike
40. Shoulder stroke
41. White crane spreads wings
42. Brush right knee and push
43. Needles at sea bottom
44. Iron fan penetrates back
45. Turn body, chop and push
46. Step forward, deflect downward, intercept and punch
47. Flat fist and cut
48. Ward off right
49. Ward off left
50. Roll Back
51. Press
52. Push
53. Single whip
54. Waving hands in clouds (L)
55. Waving hands in clouds (R)
56. Waving hands in clouds (L)
57. Waving hands in clouds (R)
58. Waving hands in clouds (L)
59. Waving hands in clouds (R)
60. Single whip
61. High pat on horse
62. Kick with side of foot (L)
63. Kick with side of foot (R)
64. Separate left foot
65. Separate right foot
66. Turn round and kick with heel (R)
67. Brush right knee and push
68. Brush left knee and push
69. Brush right knee and punch down
70. Turn body, chop and push
71. Step forward, deflect downward, intercept and punch
72. Flat fist and cut
73. Ward off right
74. Kick upwards (L)
75. Strike tiger (R)
76. Strike tiger (L)
77. Crossing hands
78. Kick upwards (L)\*
79. Strike tiger's ears
80. Kick with heel (R)
81. Turn and kick with heel (L)
82. Step forward, deflect downward, intercept and punch
83. Withdraw and push
84. Crossing hands
85. Embrace tiger, return to mountain
86. Roll back\*
87. Press\*
88. Push



LEFT SIDE

89. Diagonal Single Whip\*
90. Parting wild horses mane (L)\*
91. Parting wild horses mane (R)\*
92. Parting wild horses mane (L)\*
93. Parting wild horses mane (R)\*
94. Parting wild horses mane (L)
95. Cup elbow and horizontal split
96. Ward Off Right
97. Ward Off Left
98. Roll Back
99. Press
100. Push
101. Single whip
102. Fair lady weaves shuttles (R)
103. Fair lady weaves shuttles (L)
104. Fair lady weaves shuttles (R)
105. Fair lady weaves shuttles (L)
106. Ward Off Right
107. Ward Off Left
108. Roll Back
109. Press
110. Push
111. Single whip
112. Waving hands in clouds (L)
113. Waving hands in clouds (R)
114. Waving hands in clouds (L)
115. Waving hands in clouds (R)
116. Waving hands in clouds (L)
117. Waving hands in clouds (R)
118. Single whip\*\*
119. Strike temple
120. Squatting single whip\*
121. Golden rooster stands on one leg (R)
122. Squatting single whip\*\*
123. Golden rooster stands on one leg (R)
124. Golden rooster stands on one leg (L)
125. Step back to repulse monkey (L)
126. Step back to repulse monkey (R)
127. Step back to repulse monkey (L)
128. Step back to repulse monkey (R)
129. Step back to repulse monkey (L)
130. Diagonal flying\*
131. Lifting hands
132. Shoulder stroke
133. Hammer
134. Lifting hands
135. Elbow strike
136. Shoulder stroke
137. White crane spreads wings
138. Brush right knee and push
139. Needles at sea bottom
140. Iron fan penetrates back
141. Turn body, whitesnake puts out tongue, push
142. Step forward, deflect downward, intercept and punch
143. Flat fist and cut
144. Ward Off Right
145. Ward Off Left
146. Roll Back
147. Press
148. Push
149. Single whip
150. Waving hands in clouds (L)
151. Waving hands in clouds (R)
152. Waving hands in clouds (L)
153. Waving hands in clouds (R)
154. Waving hands in clouds (L)
155. Waving hands in clouds (R)
156. Single whip
157. High pat on horse\*
158. Thrusting palm
159. Single whip
160. High pat on horse
161. Thrusting palm
162. Turn and kick with heel (L)
163. Parry, brush right knee, punch to groin
164. Flat fist and cut
165. Ward off right
166. Ward off left
167. Roll back
168. Press
169. Push
170. Single whip
171. Strike temple
172. Squatting single whip\*
173. Step forward to the seven stars
174. Step back to ride tiger
175. Turn body and sweep lotus with leg
176. Bend bow to shoot tiger
177. Elbow strike
178. Shoulder stroke
179. Single whip\*\*\*
180. Squatting single whip
181. Step forward to the seven stars\*
182. Step back to ride tiger\*
183. Turn body and sweep lotus with leg\*
184. Bend bow to shoot tiger
185. Chop and push
186. Step forward, deflect downward, intercept and punch
187. Withdraw and push
188. Crossing hands
189. Conclusion
190. Attention