



# THE T'AI CHI CENTRE



## SHORT FORM

1. Attention
2. Preparation
3. Beginning
4. Ward off left
5. Ward off right
6. Roll Back
7. Press
8. Push
9. Single whip
10. Lifting hands
11. Shoulder stroke
12. White crane spreads wings
13. Brush left knee and push
14. Play guitar
15. Brush left knee and push
16. Step forward, deflect downward, intercept and punch
17. Withdraw and push
18. Crossing hands
19. Embrace tiger, return to mountain
20. Roll back
21. Press
22. Push
23. Diagonal Single Whip
24. Punch under elbow
25. Step back to repulse monkey (R)
26. Step back to repulse monkey (L)
27. Step back to repulse monkey (R)
28. Diagonal flying
29. Waving hands in clouds (R)
30. Waving hands in clouds (L)
31. Waving hands in clouds (R)
32. Waving hands in clouds (L)
33. Waving hands in clouds (R)
34. Waving hands in clouds (L)
35. Single whip
36. Squatting single whip
37. Golden rooster stands on one leg (L)
38. Golden rooster stands on one leg (R)
39. Separate right foot
40. Separate left foot
41. Brush left knee and push
42. Needles at sea bottom
43. Iron fan penetrates back
44. Turn body, chop and push
45. Step forward, deflect downward, intercept and punch
46. Kick with heel (R)
47. Brush right knee and push
48. Brush left knee and punch downwards
49. Ward off right
50. Roll Back
51. Press
52. Push
53. Single whip
54. Fair lady weaves shuttles (L)
55. Fair lady weaves shuttles (R)
56. Fair lady weaves shuttles (L)
57. Fair lady weaves shuttles (R)
58. Ward Off Left
59. Ward Off Right
60. Roll Back
61. Press
62. Push
63. Single whip
64. Squatting single whip
65. Step forward to the seven stars
66. Step back to ride tiger
67. Turn body and sweep lotus with leg
68. Bend bow to shoot tiger
69. Step forward, deflect downward, intercept and punch
70. Withdraw and push
71. Crossing hands
72. Conclusion
73. Attention