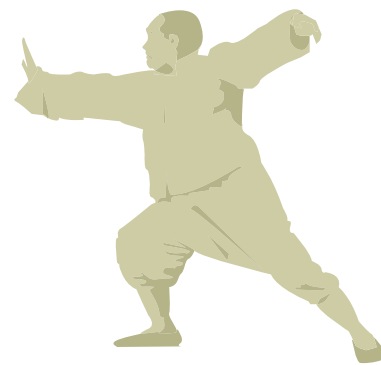




# THE T'AI CHI CENTRE



## 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 left 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. Punch
21. Withdraw and push
22. Crossing hands
23. Embrace tiger to 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. Punch
47. Flat fist and cut (R)
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. Single whip
60. High pat on horse
61. Kick with side of foot (L)
62. Kick with side of foot (R)
63. Separate left foot
64. Separate right foot
65. Turn round and kick with heel (R)
66. Brush right knee and push
67. Brush left knee and push
68. Brush right knee and punch downwards
69. Turn body, chop and push
70. Punch
71. Flat fist and cut (R)
72. Ward off right
73. Kick upwards (L)
74. Strike tiger (R)
75. Strike tiger (L)
76. Cup elbow (R)
77. Cup elbow (L)
78. Crossing hands
79. Kick upwards (L)
80. Strike tiger's ears
81. Kick with heel (R)
82. Turn and kick with heel (L)
83. Punch
84. Withdraw and push
85. Crossing hands
86. Embrace tiger to return to mountain
87. Roll back\*
88. Press\*



LEFT SIDE

89. Push
90. Diagonal Single Whip\*
91. Parting wild horses mane (L)\*
92. Parting wild horses mane (R)\*
93. Parting wild horses mane (L)\*
94. Parting wild horses mane (R)\*
95. Parting wild horses mane (L)
96. Cup elbow and horizontal split (L)
97. Ward Off Right
98. Ward Off Left
99. Roll Back
100. Press
101. Push
102. Single whip
103. Fair lady weaves shuttles (L)
104. Fair lady weaves shuttles (R)
105. Fair lady weaves shuttles (L)
106. Fair lady weaves shuttles (R)
107. Pull and push shoulder (L)
108. Ward Off Right
109. Ward Off Left
110. Roll Back
111. Press
112. Push
113. Single whip
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. Waving hands in clouds (L)
119. Single whip\*\*
120. Strike temple
121. Squatting single whip\*
122. Golden rooster stands on one leg (L)
123. Squatting single whip\*\*
124. Golden rooster stands on one leg (L)
125. Golden rooster stands on one leg (R)
126. Step back to repulse monkey (L)
127. Step back to repulse monkey (R)
128. Step back to repulse monkey (L)
129. Step back to repulse monkey (R)
130. Step back to repulse monkey (L)
131. Diagonal flying
132. Lifting hands
133. Shoulder stroke
134. Hammer
135. Lifting hands
136. Elbow strike
137. Shoulder stroke
138. White crane spreads wings
139. Brush right knee and push
140. Needles at sea bottom
141. Iron fan penetrates back
142. Turn body, whitesnake puts out tongue, push
143. Punch
144. Flat fist and cut (R)
145. Ward Off Right
146. Ward Off Left
147. Roll Back
148. Press
149. Push
150. Single whip
151. Waving hands in clouds (L)
152. Waving hands in clouds (R)
153. Waving hands in clouds (L)
154. Waving hands in clouds (R)
155. Waving hands in clouds (L)
156. Single whip
157. High pat on horse\*
158. Thrusting hand
159. Single whip
160. High pat on horse
161. Thrusting hand
162. Turn and kick with heel (L)
163. Parry, brush right knee, punch to groin (L)
164. Flat fist and cut (R)
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. Punch
186. Withdraw and push
187. Crossing hands
188. Conclusion
189. Attention