

*Tai Chi Short Hand Form (Wudang ) Alan Austin 12/2014*

1. Tai Chi at rest
2. Ready position
3. Beginning style
4. Seven stars style
5. Grasping bird's tail
6. Single whip
7. Cloud hands
8. Pat the horse high
9. Turn the body to face the left
10. Right separate legs
11. Step back seven stars style
12. Step back to beat the tiger
13. Twist the body and kick
14. Box the ears
15. Turn the body to face the right
16. Left separate legs
17. Turn around and kick with the right heel
18. Brush knee twist step
19. Step forward and punch down
20. Step back swing fist
21. Step back snake creeps down
22. Step up seven stars
23. Step back to ride the tiger
24. Slap the face
25. Double hand sweeps lotus leg
26. Draw the bow to shoot the tiger
27. Step back repulse monkey
28. Seven stars style
29. Stroke the lute
30. Parry and punch
31. As if shutting a door
32. Embrace tiger and return to mountain
33. Tai Chi in unity
34. Completion