

## **Tai Chi Spear Form (Wudang) Alan Austin 12/2014**

1. Ready style
2. Tai Chi beginning style
3. Facing the wind blowing the willow
4. The waves going up and down
5. Obstructing the river to intercept the dipper
6. Green dragon stretching its claws
7. Giant python turning its head
8. Golden dragon swinging it's tail
9. Giving the horse its head while chasing enemies
10. The black-eared kite flies and the fish leaps
11. Golden cockerel nodding its head
12. A white rainbow soaring over the sun
13. Lying tiger and diving dragon
14. Plum blossom opens five petals
15. Celestial horse walks the skies
16. The completion style