

Wu Style Tai Chi ~ Fast Form

Section 1

1. Preparatory Posture
2. Beginning of Tai Chi
3. Grasping Bird's Tail
4. Single Whip
5. Raise Hands, Step Up
6. White Crane Cools Its Wings
7. Brush Knee Twist Step
8. Brush Knee Twist Step
9. Brush Knee Twist Step
10. Brush Knee Twist Step
11. Hands Play the Instrument
12. Step Forward, Block & Punch
13. Apparent Closing Up
14. Tiger and Leopard Spring to Mountain
15. Cross Hands
16. Slanting Brush Knee Twist Step
17. Turn Body Brush Knee Twist Step
18. Grasping Bird's Tail
19. Slanting Single Whip

Section 2

20. Fist Under Elbow
21. Step Back Repulse Monkey x 3
22. Slanting Flying Posture
23. Raise Hands Step Up
24. White Crane Cools Its Wings
25. Brush Knee Twist Step
26. Needle in the Deep Sea
27. Open the Fan Penetrating the Back
28. Turning Body Hammer
29. Step Back Block & Punch
30. Step Forward, Grasping Bird's Tail
31. Cloud Hands x 2

Section 3

32. High Pat the Horse
33. Left Parting leg
34. Right Parting Leg
35. Turn Body, Heel Kick
36. Step up Planing Punch
37. Turning Body, Parry and Punch
38. Turning Body Double Kick
39. Retreat Step, Beat The Tiger
40. Right Heel Kick
41. Strike The Ears with Double Fists
42. Right Parting Leg
43. Turn Body Heel Kick
44. Step Up, Block & Punch
45. As if closing up
46. Tiger and leopard spring to mountain
47. Cross Hands
48. Slanting Brush Knee, Twist Step
49. Turn Body, Slanting Brush Knee
50. Grasping Bird's Tail
51. Slanting Single Whip

Section 4

52. Parting the Wild Horse's Mane 1
53. Parting the Wild Horse's Mane 2
54. Parting the Wild Horse's Mane 3
55. Jade Lady Weaving 1
56. Turning Body Jade Lady Weaving 2
57. Parting the wild horse's mane
58. Jade Lady Weaving 3
59. Turning Body Jade Lady Weaving 4
60. Grasping Bird's Tail
61. Cloud Hands

Section 5

62. Lower Posture
63. Left Golden Cock Stands on One Leg
64. Right Golden Cock Stands on One Leg
65. Step Back Repulse Monkey
66. Slanting Flying Posture
67. Raise Hands Step Up
68. White Stork Flaps its Wings
69. Brush Knee Twist Step
70. Needle at the Bottom of the Sea
71. Fan through the Back
72. Turning Body Hammer
73. Step Up, Block and Punch
74. Step Up, Grasping Bird's Tail
75. Cloud Hands x 2

Section 6

76. High Pat the Horse
77. Palm Strike to the Face
78. Cross Swing Lotus
79. Brush Knee, Twist Step
80. Lower Punch
81. Step Up, Grasping Bird's Tail
82. Lower Posture
83. Step up to form Seven Star
84. Step Back to Ride The Tiger
85. Turn Body, Palm Strike To Face
86. Turn Body, Double Swing Lotus
87. Curve Bow, Shoot the Tiger
88. Step Up, Fist Forward
89. Palm Strike to Face
90. Turning Body Hammer
91. Grasping Bird's Tail
92. Single Whip
93. Closing Tai Chi