

Wu Style Tai Chi Slow Form (Simplified 30 Form)

1. Tai Chi Beginning
2. Grasp Bird's Tail
3. Single Whip
4. Raise Hands Step Up
5. White Crane Cools Wings
6. Brush Knee R,L,R (*no left hand circle*)
7. Hands Play Guitar
8. Forward Step Block & Punch
9. Withdraw Back (*no push*)
10. Repulse Monkey L,R,L
11. Slanting Flying Posture
12. Needle In Deep Sea
13. Open Fan Penetrate The Back (*drop left hand into cloud hands*)
14. Cloud Hands (*no Single Whip, use fast form entry into H.P Horse*)
15. Right Open Kick
16. Left Open Kick
17. Step Back & Turn, Left Heel Kick (*arms turn into circle, left foot drops*)
18. Strike The Ears With Double Fist
19. Parting Wild Horse's Mane R,L,R
20. Jade Lady Weaving x 4 (*no parting hands*)
21. Low Posture
22. Golden Cock Stands On One Leg (*right only*)
23. Step Back Ride The Tiger
24. Palm Strike To Face
25. Double Cross Lotus Kick
26. Bend Bow Shoot Tiger
27. High Pat Horse, Palm Strike To Face
28. Turning Body Hammer
29. Grasp Bird's Tail
30. Single Whip