

The 108 Moves of the Tai Chi Set



Opening to Tai Chi

Left Grasp Bird's Tail
Grasp Bird's Tail

Whip to One Side
Step Up and Raise Hands
White Stork Spreads Wings
Brush Knee (Left)
Strum the Pei Pa
Brush Knee and Twist Step (Left)
Brush Knee and Twist Step (Right)
Brush Knee (Left)
Strum the Pei Pa
Brush Knee and Twist Step (Left)
Chop with Fist
Appear to Close Entrance
Cross Hands
Carry Tiger to Mountain



Whip Out Diagonally
Fist under Elbow
Go Back to Ward Off Monkey (right)
Go Back to Ward Off Monkey (left)
Go Back to Ward Off Monkey (right)
Flying at a Slant
Step Up and Raise Hands
White Stork Spreads Wings
Brush Knee (left)
Push Needle to Sea Bottom
Fan Penetrates through Back
Turn and Chop with Fist
Step Up, Deflect, Parry, Punch
Step Up to Grasp Bird's Tail

Whip to One Side
Move Hands Like Clouds (5)
Whip to One Side
Reach Up to Pat Horse
Separate to Right, Toe Kick
Separate to Left, Toe Kick
Turn and Heel Kick
Brush Knee and Twist Step (left)
Brush Knee and Twist Step (right)
Step Up and Punch Down
Turn and Chop with Fist
Step Up, Deflect, Parry, Punch
Kick with Right Foot
Strike Tiger at Left
Strike Tiger at Right
Kick with Right Foot
Strike Ears with Fists
Kick with Left Foot
Turn and Kick
Chop with Fist
Step Up, Deflect, Parry, Punch
Appear to Close Entrance
Cross Hands
Carry Tiger to Mountain



Whip Out Horizontally
Parting Wild Horse's Mane (right)
Parting Wild Horse's Mane (left)
Parting Wild Horse's Mane (right)
Parting Wild Horse's Mane (left)
Parting Wild Horse's Mane (right)
Left Grasp Bird's Tail
Step Up to Grasp Bird's Tail

Whip to One Side
Fair Lady Works Shuttles (left)
Fair Lady Works Shuttles (right)
Fair Lady Works Shuttles (left)
Fair Lady Works Shuttles (right)
Left Grasp Bird's Tail
Step Up to Grasp Bird's Tail
Whip to One Side
Move Hands Like Clouds (7)

Whip to One Side
Creeping Low like Snake
Golden Cock Stands on One Leg (right)
Golden Cock Stands on One Leg (left)
Go Back to Ward Off Monkey (right)
Go Back to Ward Off Monkey (left)
Go Back to Ward Off Monkey (left)
Go Back to Ward Off Monkey (right)
Flying at a Slant
Step Up and Raise Hands
White Stork Spreads Wings
Brush Knee (left)
Push Needle to Sea Bottom
Fan Penetrates through the Back
White Stork Turns and Puts out Tongue
Step Up, Deflect, Parry, Punch
Step Up to Grasp Bird's Tail



Whip to One Side
Move Hands Like Clouds (3)

Whip to One Side
Reach Up to Pat Horse
Cross Hands to Penetrate
Turn and Kick
Chop with Fist
Brush Knee and Punch
Step Up to Grasp Bird's Tail



Whip to One Side
Creeping Low like Snake
Step up to Seven Stars
Retreat to Ride Tiger
Turn Around to Sweep Lotus
Draw Bow to Shoot Tiger
Chop With Fist
Step Up, Deflect, Parry, Punch
Appear to Close Entrance
Cross Hands
Closing of Tai Chi

Wine Country Tai Chi Society, West Kelowna, British Columbia

© George Box