



Tai Chi Sequence Guide

Ready Stance and Bow

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|---|-----|---|-----|---|-----|
| 1. Opening movement | (1) | 46. Body facing left | (1) | 82. Cloud arms | (5) |
| 2. First steps | (3) | 47. Raise straight right leg | (1) | 83. Single whip | (1) |
| 3. Seven stars | (1) | 48. Retreat to seven stars | (1) | 84. Snake creeps down | (2) |
| 4. Grasp bird's tail | (2) | 49. Retreat step, beat the tiger | (1) | 85. Golden cockerel stands on left leg | (1) |
| 5. Single whip | (1) | 50. Open – Swing right leg | (1) | 86. Golden cockerel stands on right leg | (1) |
| 6. Flying oblique | (1) | 51. Strike ears with fist | (1) | 87. Back brush knee, twist step | (2) |
| 7. Raise hands and step up | (2) | 52. Body facing right | (1) | 88. Side step – (3 rd) Flying oblique | (1) |
| 8. White stork flaps its wings | (2) | 53. Raise straight left leg | (1) | 89. Raise hands and step up | (2) |
| 9. Brush knee, twist step | (4) | 54. Pivot body 360 ^o – Raise right heel | (1) | 90. White stork flaps its wings | (2) |
| 10. Hand strums the lute | (2) | 55. Throw fist | (1) | 91. Brush knee, twist step | (1) |
| 11. Step up, parry and punch | (2) | 56. Step up, parry and punch | (2) | 92. Needle at bottom of the sea | (2) |
| 12. Shutting a door | (1) | 57. Shutting a door | (1) | 93. Fan through the back | (2) |
| 13. Carry tiger to mountain | (1) | 58. Carry tiger to mountain | (1) | 94. Turn body, throw fist | (1) |
| 14. 1st Cross Hands | (1) | 59. 2nd Cross hands | (1) | 95. Step up, parry and punch | (2) |
| 15. Oblique, brush knee, twist step | (1) | 60. Oblique, brush knee, twist step | (1) | 96. Seven stars | (1) |
| 16. Turn around, brush knee, twist step | (1) | 61. Turn around, brush knee, twist step | (1) | 97. Step up, grasp bird's tail | (2) |
| 17. Seven stars | (1) | 62. Seven stars | (1) | 98. Single whip | (1) |
| 18. Grasp bird's tail | (2) | 63. Grasp bird's tail | (2) | 99. Cloud arms | (5) |
| 19. Diagonal single whip | (1) | 64. Diagonal single whip | (1) | 100. Single whip | (1) |
| 20. Fist under elbow | (1) | 65. Seven stars | (1) | 101. High pat the horse, left | (1) |
| 21. Back brush knee, twist step | (3) | 66. Parting wild horse's mane, left | (1) | 102. Slap the face | (1) |
| 22. (2 nd) Flying oblique | (1) | 67. Seven stars | (1) | 103. Turn body - Lotus leg cross | (1) |
| 23. Raise hands and step up | (2) | 68. Parting wild horse's mane, left | (1) | 104. Brush knee, twist step | (1) |
| 24. White stork flaps its wings | (2) | 69. Step up – Parting wild horse's mane, right | (1) | 105. Step up – Straight centre punch | (1) |
| 25. Brush knee, twist step | (1) | 70. Step up – Parting wild horse's mane, left | (1) | 106. Seven stars | (1) |
| 26. Needle at bottom of the sea | (2) | 71. Seven stars | (1) | 107. Step up, grasp bird's tail | (2) |
| 27. Fan through the back | (2) | 72. Parting wild horse's mane, left | (1) | 108. Single whip | (1) |
| 28. Turn body, throw fist | (1) | 73. Step up – (1 st) Jade girl works the shuttle, left | (2) | 109. Snake creeps down | (2) |
| 29. Step back, parry and punch | (2) | 74. Turn around – (2 nd) Jade girl works the shuttle, right | (2) | 110. Step up to form seven stars | (1) |
| 30. Seven stars | (1) | 75. Seven stars | (1) | 111. Retreat step, ride the tiger | (1) |
| 31. Step up, grasp bird's tail | (2) | 76. Parting wild horse's mane, left | (1) | 112. Pivot body, slap the face | (1) |
| 32. Single whip | (1) | 77. Step up – (3 rd) Jade girl works the shuttle, left | (2) | 113. Turn body – Lotus leg swing | (1) |
| 33. Cloud arms | (5) | 78. Turn around – (4 th) Jade girl works the shuttle, right | (2) | 114. Curve bow, shoot the tiger | (1) |
| 34. Single whip | (1) | 79. Seven stars | (1) | 115. Step up – High pat the horse, left | (1) |
| 35. High pat the horse, left | (2) | 80. Grasp bird's tail | (2) | 116. Slap the face | (1) |
| 36. Body facing left | (1) | 81. Single whip | (1) | 117. Turn body, throw fist | (1) |
| 37. Spread right leg | (1) | | | 118. Step up – High pat the horse, left | (1) |
| 38. High pat the horse, right | (1) | | | 119. Seven stars | (1) |
| 39. Body facing right | (1) | | | 120. Step up, grasp bird's tail | (2) |
| 40. Spread left leg | (1) | | | 121. Single whip | (1) |
| 41. Pivot body 180 ^o – Raise left heel | (1) | | | 122. Closing | (1) |
| 42. Brush knee, twist step | (2) | | | | |
| 43. Step forward and punch | (1) | | | | |
| 44. Turn body, throw fist | (1) | | | | |
| 45. Step up – High pat the horse, left | (1) | | | | |

203. Completion – Bow and Return to Ready Stance