

Wu Style Tai Chi

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Seven Star Sword ("Second Row")

1. Preparation
2. Grasping Bird's Tail
3. Brush Knee, Twist Step
4. Parting Sword, Form Seven Stars
5. Old Man Carry Instrument
6. Python Turns Body
7. Cross Legs, Point to Bird
8. Peacock Fans its Tail
9. Blocking Door Sword
10. Turn Body, Raise Sword
11. Turn Body, Plant Sword
12. Stand on One Leg, Raise Sword
13. Blocking Door Sword
14. Hidden Sword
15. Point to Sun
16. Golden Cock Knocks its Head
17. Search Ocean Sword
18. Point to Crotch Sword
19. Mr. Pui Chops Snakes
20. Step Up to Block
21. Cross Legs, Point to Bird
22. Turn Body Wave Flag
23. Quick Cat Pounces on Rat
24. Black Dragon Waves its Tail
25. Fairy Leads the Way
26. Hold Up Sword
27. Turn Around and Whip
28. Fairy Disperses Flowers
29. Golden Dragon Waves its Tail
30. Roc Spreads Wings
31. YeiCha Points to Sea
32. Embrace Sword
33. Jade Lady Presents Book
34. Phoenix Hovers Above Nest
35. Turn Body Slice Sword
36. Step Up, Ward Off
37. Turn Body Point to Sword
38. Lee Kwong Shoots Rocks
39. White Monkey Presents Fruit
40. Golden Dragon Waves Tail
41. Turn Body Point with Sword
42. Lee Kwong Shoots Rocks
43. Golden Dragon Waves its Tail
44. Parting Clouds See the Sun
45. Fallen Flowers, Lost Love
46. Fallen Flowers Waiting to be Swept
47. Wong Chang Lies on Fish
48. King of Heaven Lifts up Tower
49. Cross Legs Point to Bird
50. Yuen Mor Practices Sword
51. Slice Air with Sword Continuously
52. Golden Cock Stands on One Leg
53. Cloud Cast Shadow on Mo Shua
54. Peacock Fans its Tail
55. Hook and Uang Together
56. Closing