

Wu Style Tai Chi ~ Slow Form

Section 1

1. Preparatory Posture
2. Beginning of Tai Chi
3. Raising Hands
4. Hands Play Pipa
5. Grasping Bird's Tail
6. Single Whip
7. Raise Hands, Step Up
8. White Crane Cools Its Wings
9. Brush Knee Twist Step x 4
10. Hands Play Pipa
11. Step Forward, Block & Punch
12. Withdraw and Push
13. Embrace Tiger Push Mountain
14. Cross Hands
15. Diagonal Brush Knee Twist Step
16. Turn Body Brush Knee Twist Step
17. Grasping Bird's Tail
18. Diagonal Single Whip

Section 2

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

Section 3

33. Left High Pat the Horse
34. Right Open Kick
35. Right High Pat the Horse
36. Left Open Kick
37. Turn Body, Left Heel Kick
38. Brush Knee Twist Step x 2
39. Step Forward, Low Punch
40. Turning Body Hammer
41. Step Forward, High Pat The Horse
42. Right Parting of the Hands
43. Right Open Kick
44. Step Back, Seven Star Posture
45. Step Back, Beat The Tiger
46. Turning and Parting Kick
47. Strike The Ears With Double Fists
48. Toe Kick
49. Turn Body Heel Kick
50. High Pat the Horse
51. Step Forward, Block & Punch
52. Withdraw & Push
53. Embrace Tiger Push Mountain
54. Cross Hands
55. Diagonal Brush Knee Twist Step
56. Turn Body Brush Knee Twist Step
57. Grasping Bird's Tail
58. Diagonal Single Whip

Section 4

59. Hands Play Pipa
60. Parting the Wild Horse's Mane 1
61. Parting the Wild Horse's Mane 2
62. Parting the Wild Horse's Mane 3
63. Parting Hands
64. Jade Lady Weaving 1
65. Turning Body Jade Lady Weaving 2
66. Parting Hands
67. Jade Lady Weaving 3
68. Turning Body Jade Lady Weaving 4
69. Grasping Bird's Tail
70. Single Whip
71. Cloud Hands x 3
72. Single Whip

Section 5

73. Lower Posture
74. Left Golden Cock Stands on One Leg
75. Right Golden Cock Stands on One Leg
76. Step Back Repulse Monkey x 3
77. Slanting Flying Posture
78. Raise Hands Step Up
79. White Crane Cools Its Wings
80. Brush Knee Twist Step
81. Needle In The Deep Sea
82. Open The Fan Penetrating The Back
83. Turning Body Hammer
84. Step Forward, Block & Punch
85. Step Forward Grasping Bird's Tail
86. Single Whip
87. Cloud Hands x 3
88. Single Whip

Section 6

89. High Pat The Horse
90. Palm Strike To Face
91. Turn Body Cross Lotus Kick
92. Brush Knee Twist Step
93. Forward Step Low Punch
94. Grasping Bird's Tail
95. Single Whip
96. Lower Posture
97. Seven Star Posture
98. Step Back, Ride The Tiger
99. Turn Body, Palm Strike To Face
100. Turn Body, Double Lotus Kick
101. Bend The Bow, Shoot The Tiger
102. High Pat The Horse
103. Palm Strike To Face
104. Turning Body Hammer
105. High Pat The Horse
106. Grasping Bird's Tail
107. Single Whip
108. Closing Tai Chi