



Further still, down the Road to Mastery

24 Part Form (Beijing 24)

1. Commencement

预备 : Yu Bei : Preparation Form

Quiet Standing Meditation: Zhan Zhuang, Wuji

2. Part the Wild Horse's Mane (Yema Fenzong) [Liang & Wu]

Left (左 : Zou) Part the Wild Horse's Mane (Zou Yema Fenzong)

Right (右 : You) Part the Wild Horse's Mane (You Yema Fenzong)

3. White Crane Spreads Its Wings (Baihe Liangchi)

4. Brush Knee and Zig Zag Step [Zhang Fuxing]

左搂膝拗步 : Lou Xi Ao Bu : Brush Knee and Twist Step

5. Playing the Pipa

手挥琵琶 : Shou Hui Pi Pa : Hand Strums the Lute

6. Step Back and Repulse Monkey

倒撵猴 : Dao Nian Hou

7. Grasp the Bird's Tail on the Left [Zhang Fuxing]

拦雀尾左 : Lan Que Wei Zou : Grasp the Bird's Tail Left

8. Grasp the Bird's Tail on the Right [Zhang Fuxing]

拦雀尾右 : Lan Que Wei You : Grasp the Bird's Tail Right

9. Single Whip

单鞭 : Dan Bian

10. Waving Hands Like Clouds

云手 : Yun Shou

11. Single Whip

单鞭 : Dan Bian

12. High Pat on Horse

高探马 : Gao Tan Ma : High Pat on Horse

13. Kick with Right Heel

右蹬脚 : You Deng Jiao : Right Heel Kick

14. Box Ears with Both Fists

双峰灌耳 : Shuang Feng Quan Er : Twin Fists Strike Opponents Ears

15. Kick with Left Heel

左蹬脚 : Zuo Deng Jiao : Left Heel Kick

16. Snake Creeps Down, Golden Rooster Stands on Left Leg

下势 : Xia Shi : Snake Creeps Down

左金鸡独立 : Zuo Jin Ji Du Li : Golden Rooster Stands on Left Leg

17. Snake Creeps Down, Golden Rooster Stands on Right Leg
下势 : Xia Shi : Snake Creeps Down

右金鸡独立 : You Jin Ji Du Li : Golden Rooster Stands on Right Leg

Fair Lady Works with Shuttles

玉女穿梭 : Yu Nu Chuan Suo : Fair Lady Works at Shuttles

Pick Up Needle at Sea Bottom

海底针 : Hai Di Zhen : Needle at Sea Bottom

20. Fan Through the Back

扇通背 : Shan Tong Bei : Fan Through the Back

21. Deflect, Intercept and Punch 进步搬拦捶 : Jin Bu Ban Lan Chui : Step Forward, Parry Block and Punch

22. Apparent Close and Push

Withdraw and Push (Closing a Door)

如封似闭 : Ru Feng Si Bi : Apparent Close Up

23. Cross Hands

十字手 : Shi Zi Shou : Cross Hands

24. Closing Posture of Taijiquan

收式 : Shou Shi : Closing

还原 : Huan Yuan : Return to Normal



The 32 T'ai Chi Single Fan Form *A Flying Rainbow Fan Routine*

First Pass

1. Commencing
2. White Crane Spreads Its Wings
3. Offer Incense Towards the Sky
4. Fair Lady Weaves the Shuttle
5. Deflect, Parry and Punch
6. Three Body Posture
7. Immortal Points the Way
8. Grasp the Sparrows' Tail (2X)
9. Bending Back and Shoulder Strike
10. Golden Rooster Stands on One leg
11. Fair Lady Weaves the Shuttle

Second Pass

12. Fist Under the Elbow (2X)
13. Repulse Monkey (2X)
14. Oblique Flying
15. Raising Hands
16. White Crane Flashes Its Wings
17. Single Whip (2 styles, 2X)
18. Turn Body and Look at the Moon

Third Pass

19. White Snake Thrusts Its Tongue (2X)
20. Cross Kicks (2X)
21. Fair Lady Weaves the Shuttle
22. Brush Knee and Punch Down
23. Oblique Flying

Fourth Pass

24. Part the Wild Horse's Mane (2 styles, 3X)
25. Blue Dragon Emerges from the Water
26. Single Whip (2 styles)
27. Snake Creeps Down into Seven Stars
28. Step Back to Mount the Tiger
29. Sweep Lotus Leg
30. Punch with Both Fists
31. Parry and Side Strike with Both Fists
32. Cross Hands and Closing



The 32 T'ai Chi Sword Form

Three Rings Around the Moon (Opening Form)

1. Insert Needle To Sea Bottom
2. Biggest Star in the Big Dipper
3. Swallow Skims Over the Water
4. Right Intercept
5. Left Intercept
6. Sounding the Sea
7. Embrace the Moon
8. Sparrow Returns to Tree at Dusk

Second Pass

9. Black Dragon Wags Its Tail
10. Blue Dragon Goes Out of the Water
11. Wind Rolls Up Lotus Leaves
12. Lion Shakes Its Head
13. Tiger Hugs Its Head
14. Wild Horse Leaps Over the Ravine
15. Little Star in the Big Dipper
16. Fish Out the Moon from Sea Bottom

Third Pass

17. Rhinoceros Points to the Moon
18. White Ape Offers Fruit
19. Dust in the Wind
20. Dust in the Wind
21. Dust in the Wind
22. Push the Boat Along With Current
23. Meteor Runs After the Moon
24. Heavenly Steed Soars Across Sky

Fourth Pass

25. Lift the Curtain
26. Left Wheel
27. Right Wheel
28. Great Roc Spreads Its Wings
29. Wasp Flies Into the Hole
30. Embrace the Moon
31. Wind Sweeps Away Plum Blossoms
32. Needle Towards the South

Closing



T'ai Chi Gun (Staff Form)

First Pass

Step to side
Spiral Clockwise to Planting Pole Left (You Shall Not Pass)
Disco eyes and **Tuck Under** (John Travolta)
Push Right
Point to the Sky
Push Left
Step up to **Right Kick**
Poke Right and Left
Flowers step up **Left Slam**
Poke Back, step up and **Sweep** staff on hip, level
Poke Back step up and **Left Slam**
Poke Back step up and **Right Slam**,
Grapevine circle, right, **Poke Back** to
Over the Shoulder Dragon Stance face back



Second Pass

Right step up **Sweep left 360 Counter** to over the left shoulder
(Babe Ruth) step right **Sweep 720 Clockwise** to over the right shoulder
Flowers 2 steps
Put Needle in Sea bottom right foot in half empty step
Dust in the Wind uppercut 6X to
Turn and Flowers Slam
Left Foot half empty step

Third Pass

Step up right **Turning Flowers** step up left foot to **Sweep Back**
Cloud Flowers right 360 turn clockwise to **Sweep Back**
Over the Shoulder Right Flip Turn
Circle around to **One Hand Uppercut Flowers** to
Left Slam Bow Stance
step up **Right Foot Over the Head Behind Back Counter** clockwise **One Hand Sweep**
One Hand Pointing at the Ground
Boat Rowing step up left **Foot Circle Poke to Poke**
Behind Back and Hand Poke circle around
right foot **Put Needle In Sea Bottom**
Underhand Flip and Catch recover two steps back
Flowers to Left Slam left foot half empty step
Circle Poke 45 degrees
Swoosh, Swoosh, Snap
Turn and Poke Back

Fourth Pass

close **Flowers, Flowers, Flowers** 3 steps
Left Slam Bow Step
Turning Flowers 360
One Hand Strike Down to
Flowers, Flowers, Flowers Left Slam Bow Step
Behind the Back and **Sweep Left** to **Horse Stance**
Clockwise Right Sweep 720 one hand pointing at the ground
Two Step Back Flowers Left Slam
Boat Row Poke, Poke
Behind the Back Flip to Spin 4X
Backward Turning Flowers sweep Aaround to



Cross Legged Stance
Poke, Poke, Poke, Poke, Poke back & forth 5X



Fifth Pass

step up
Flowers Shoulder Flips over near shoulder, flip over far shoulder
right turning **Flowers** left **Flowers** right **Flowers**
Turn and Sweep Lotus Leg
Poke to Skip Step behind
Turn and Right Kick
Poking Right and Left
Grapevine step left behind
Left Turning Over Shoulder point at ground
Toss 2X Flip
Two Backward Stepping Flowers, Left Slam
step up into **Swoosh and Snap**
left step up **Slam, Uppercut**
right step up **Circle Step, Under Poke**
turn to **Left Slam Bow Step**
Strike Down, Down Turn Around
Walking Turning Flowers
One Hand Strike Down both sides
Left Sweep Lotus Leg
Shoulder Circles
Slip Stick
One Handed Flowers left hand on hip 4X
One Handed Dust in the Wind 4X to
Flowers turn left **Slam**

Sixth Pass

close **Flowers, Flowers, Flowers**
Step up behind to **Back Cat Stance**
Sweep Around switch to left hand
left hand **One Handed Cloud Flowers**
Behind the Back Flowers
Around the Waist Flowers

Close

Healing Hands Form

Wei Lou Upholds the Pestle
Plucking and Rearranging the Stars
12 meridians stretch
8 horses forward, 9 oxen backwards
Spinal Rolls

