HENRY CHENG

T'ai Chi Ch'Uan (Form Sequence)

Wu Style

1. Starting Tai Chi
2. Tai Chi Hands Going Out
3. Seven Star
4. Catch The Bird Tail
5. Single Whip
6. Diagonal Flying
7. Hands Up Lifting
8. White Crane Spreads Wings
10. Strumming Mandolin
11. Stepping Forward Deflect Parry Punch
12. Blockading And Closing
13. Carrying The Tiger Back To Mountain
14. Crossing Hands
15. Brushing Knee And Pushing (Diagonal)
16. Turn Around Brushing Knee And Pushing
17. Seven Star, Catch The Bird Tail
18. Single Whip (Slanting Angle)
19. Looking Out For Fist At Bottom Of Elbow
20. Stepping Back And Repulsing Monkey (Left & Right 3 Times)
21. Diagonal Flying
22. Hand Up Lifting
23. White Crane Spreads Wings
24. Brushing Knee And Pushing One Time
25. Sea Bottom Pin
26. Sin Tune Boy
27. Turn Around "Pit Sun Blow"
28. Stepping Back, Deflect, Parry, Punch
29. Stepping Forward, Holding Bird’s Tail
30. Single Whip
31. Cloud Hands (3 Time)
32. Single Whip
33. Left Go Tarm Ma
34. Kicking Up Right Leg (Toe Kick)
35. Right Go Tarm Ma
36. Kicking Up Left Leg (Toe Kick)
37. Turn Around Kick Up Left Leg (Sole And Heel Kick)
38. Brushing Knee And Pushing (2 Time)
39. Stepping Forward, Downward Blow
40. Turn Around “Pit Sun Blow”
41. Go Tarm Ma
42. Right Hand Separate
43. First Kicking Up Right Leg (Toe Kick)
44. Stepping Backward To Seven Star
45. Turn Around Hitting Tiger
46. Second Kicking Up Right Leg (Toe Kick)
47. Twin Peaks Piercing Ears
48. Kicking Up Left Leg (Toe Kick)
49. Turn Around Kicking Up Right Leg (Heel Kick)
50. Pit Sun Blow
51. Step Forward Deflect Parry Punch
52. Blocking & Closing
53. Carrying The Tiger Back To Mountain
54. Crossing Hands
82. Xin Tune Boy
83. Turn Around “Pit Sun Blow”
84. Stepping Forward Deflect, Parry, Punch
85. Stepping Forward Holding Bird’s Tail
86. Single Whip
87. Cloud Hands
88. Single Whip
89. Go Tarn Ma
90. Face Pushing Palm
91. Turn Around, One Hand Slapping Foot
92. Brushing Knee And Pushing
93. Stepping Forward, Hitting Below Belly
94. Stepping Forward, Holding Bird’s Tail
95. Single whip
96. Lowering And Crouching Body
97. Stepping Forward Seven Star
98. Stepping Back Riding Tiger
99. Turning Around Face Pushing Palm
100. Turn Around “Both Hands Slapping Foot”
101. Bending Bow To Shoot Tiger
102. Go Tarn Ma
103. Face Pushing Palm
104. Turn Around “Pit Sun Blow”
105. Step Forward Go Tarn Ma
106. Step Forward Holding Bird’s Tail
107. Single Whip
108. Closing Tai Chi