



KHOR TAI CHI MOVEMENT SET

- 1 **PREPARATION**, separate feet
- 2 **COMMENCEMENT**, raise and lower arms
- 3 **HOLD THE BALL**, on right foot to step forward
- 4 **STROKING THE BIRD'S TAIL**, in left bow stance
- 5 **HOLDING THE BALL**, on left foot to step to right
- 6 **WARD OFF**, (peng) relax and sink in right bow stance
- 7 **PULL BACK**, in right bow stance
- 8 **PRESS**, in right bow stance
- 9 **PUSH, sink/uproot**, in right bow stance
- 10 **SINGLE WHIP**, in left bow stance
- 11*₁ **PLAY PIPA (lute/guitar)**, right hand right foot
- 12 **SHOULDER STROKE**, with right shoulder
- 13 **WHITE CRANE SPREADS ITS WINGS**, in right empty stance
- 14 **BRUSHING KNEE**, in left bow stance
- 15 **PLAY PIPA (lute/guitar)**, in right empty stance
- 16 **BLOCK BACK**, in right empty stance
- 17 **WILD HORSE PARTS MANE**, in left bow stance
- 18 **DOWNWARD DEFLECTION**, with right fist
- 19 **KICK AND THRUST**, with right heel
- 20 **PARRY**, with left hand
- 21 **PUNCH**, right fist in left bow stance
- 22 **CLOSE THE DOOR**, in left bow stance
- 23*₂ **CARY TIGER TO MOUNTAIN CROSS HANDS**, central stance
- 24 **EMBRACE TIGER and RETURN TO MOUNTAIN**, in right bow stance
- 25 **NEEDLE AT SEA BOTTOM**, in left empty stance
- 26 **FAN TO BACK**, in right bow stance
- 27 **SNAKE CREEPS DOWN**, left crouch stance
- 28 **SEVEN STAR PUNCH**, in right empty stance
- 29 **JADE LADY SHUTTLES TO FOUR CORNERS**, right then left
- 30*₃ **PLACE FIST UNDER ELBOW**, in right empty stance
- 31 **REPULSE THE MONKEY**, three times
- 32 **TURN AND CHOP**, to right
- 33 **TURN AND STRIKE**, to right
- 34 **SLOT IN**, weight on right foot
- 35 **GROIN PUNCH**, right fist in left bow stance
- 36 **NEEDLE AT SEA BOTTOM**, right empty stance
- 37 **FAN TO BACK**, in left bow stance
- 38 **HIGH PAT THE HORSE 1**, in right empty stance
- 39 **HIGH PAT THE HORSE 2**, in left bow stance
- 40 **WILD HORSE PARTING MANE**, in right bow stance
- 41 **TRANSITIONAL MOVEMENT**, in right empty stance
- 42*₄ **SEVEN STAR PUNCH**, in left empty stance

- 43 **CLOUD HANDS**, three times to left
- 44 **SNAKE CREEPS DOWN**, in right crouch stance
- 45 **GOLDEN COCK STANDS ON LEFT LEG**
- 46 **GOLDEN COCK STANDS ON RIGHT LEG**
- 47 **HIT TIGERS EARS**, in right bow stance
- 48 **SEPARATE HANDS TO KICK**, left
- 49 **RIDE THE TIGER**, weight back on right
- 50 **PUNCH THE TIGER**, in left bow stance
- 51 **WARD OFF**, in left bow stance
- 52 **PULL BACK**, in left bow stance
- 53 **PRESS**, in left bow stance
- 54 **PUSH**, in left bow stance
- 55 **SEPARATE HANDS TO KICK** right
- 56 **RIDE THE TIGER**, weight back on left
- 57 **PUNCH THE TIGER**, in right bow stance
- 58 **LOTUS SWEEP**, with left foot
- 59 **BEND THE BOW TO SHOOT THE TIGER**, right fist in left bow stance
- 60 **HEEL KICK RIGHT**
- 61 **HEEL KICK LEFT**
- 62*₅ **HIT THE TIGERS EARS**, in left bow stance
- 63 **SINGLE WHIP**, in right bow stance
- 64 **HIGH PAT THE HORSE 1**, in left empty stance
- 65 **HIGH PAT THE HORSE 2**, in right bow stance
- 66 **JADE LADY SHUTTLES TO THE FOUR CORNERS**, left then right
- 67 **PLACE FIST UNDER ELBOW**, left fist in right empty stance
- 68 **REPULSE THE MONKEY**, step back three times
- 69 **TURN AND CHOP**, on left side
- 70 **TURN AND STRIKE**, on left side
- 71 **SLOT IN**, left fist, right knee in
- 72 **GROIN PUNCH**, left fist in right bow stance
- 73 **WHITE CRANE SPREADS IT=S WINGS**, in left empty stance
- 74 **LOTUS SWEEP**, with right foot
- 75 **BEND BOW TO SHOOT THE TIGER**, left fist in right bow stance
- 76 **DOWNWARD DEFLECTION**, left fist
- 77 **KICK AND THRUST**, left heel
- 78 **PARRY**, with right hand
- 79 **PUNCH**, left fist in right bow stance
- 80 **CLOSE THE DOOR**, in right bow stance
- 81 **CROSS HANDS**, central stance
- 82*₆ **CLOSE**, feet together

* denotes end of level