

## WUSHU SET - MOVEMENT NAMES

1. Preparation
2. Soaring Eagle Greet Sun
3. Monkey Presents Fruits
4. Wild Horse Faces the Breeze
5. Left Block on Horse Stance
6. Right Punch on Bow Stance
7. Right Thunderbolt Kick
8. Left Block on Horse Stance
9. Right Punch on Horse Stance
10. Right Block - Left Punch
11. Left Thunderbolt Kick
12. Golden Cock on One Foot
13. Phoenix in Flight
14. Dragon in Meditation
15. Viper Strikes at Heart
16. Warrior Lifts the Sky
17. Monkey Gazes at the Moon
18. Spear Hand
19. Snake Creeps Down
20. Angry Bull Lifts Horn
21. Left Palm Strike
22. Double Palm Parry
23. Viper Strikes at Heart
24. Scorpion Flexes its Tail
25. Elbow Slam
26. Hammer Fist on Squat Step
27. Crouch Eagle Greet the Sun
28. Wild Cat Chases Rodent
29. Stamp Foot, Lash Fist
30. Swallow Enters Nest
31. Wild Bee Enters Honeycomb
32. Wild Horse Lashes Hoof
33. Double Front Hooks
34. Jump Step
35. Rhino Lifts Horn
36. Left Slap-Kick
37. Right Slap-Kick
38. Aerial Thunderclap
39. Striking the Sea Serpent
40. Spinning Star Drinks Water
41. White Crane Spreads Wings
42. Woodcutter at Work
43. Hit the Tiger
44. Pa Kua Hand
45. Soaring Eagle Greet Sun
46. Monkey Presents Fruits
47. Wild Horse Faces the Breeze
48. Conclusion



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