



道家太極拳社

1. Commencement of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Brush Knee
8. Strum the Pei Pa
9. Brush Knee and Twist Step
10. Brush Knee and Twist Step
11. Brush Knee
12. Strum the Pei Pa
13. Brush Knee and Twist Step
14. Chop With Fist
15. Step Up, Deflect, Parry, Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Single Whip
20. Fist Under Elbow
21. Go Back to Ward Off Monkey
22. Go Back to Ward Off Monkey
23. Go Back to Ward Off Monkey
24. Slanting Flying
25. Step Up and Raise Hands
26. White Stork Spreads Wings
27. Brush Knee
28. Needle At Sea Bottom
29. Fan Penetrates through the Back
30. Turn and Chop With Fist
31. Step Up, Deflect, Parry, Punch
32. Step Up to Grasp Bird's Tail
33. Single Whip
34. Wave Hands Like Clouds
35. Single Whip
36. Reach Up to Pat Horse

37. Separate Foot to Right
38. Separate Foot to Left
39. Turn and Kick
40. Brush Knee and Twist Step
41. Brush Knee and Twist Step
42. Step Up and Punch
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry, Punch
45. Kick with Right Foot
46. Strike Tiger at Left
47. Strike Tiger at Right
48. Kick With Right Foot
49. Strike Ears With Fists
50. Kick With Left Foot
51. Turn and Kick
52. Chop With Fist
53. Step Up, Deflect, Parry, Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Horizontal Single Whip
58. Parting Wild Horse's Mane
59. Parting Wild Horse's Mane
60. Parting Wild Horse's Mane
61. Parting Wild Horse's Mane
62. Parting Wild Horse's Mane
63. Left Grasp Bird's Tail
64. Step Up to Grasp Bird's Tail
65. Single Whip
66. Fair Lady Works Shuttles
67. Fair Lady Works Shuttles
68. Fair Lady Works Shuttles
69. Fair Lady Works Shuttles
70. Left Grasp Bird's Tail
71. Step Up to Grasp Bird's Tail
72. Single Whip

73. Wave Hands Like Clouds
74. Single Whip
75. Creeping Low Like a Snake
76. Golden Cock Stands on One Leg
77. Golden Cock Stands on One Leg
78. Go Back to Ward Off Monkey
79. Go Back to Ward Off Monkey
80. Slanting Flying
81. Step Up and Raise Hands
82. White Stork Spreads Wings
83. Brush Knee
84. Needle At Sea Bottom
85. Fan Penetrates Through the Back
86. White Snake Turns and Puts Out Tongue
87. Step Up, Deflect, Parry, Punch
88. Step Up to Grasp Bird's Tail
89. Single Whip
90. Wave Hands Like Clouds
91. Single Whip
92. Reach Up to Pat Horse
93. Cross Hands to Penetrate
94. Turn and Kick
95. Chop With Fist
96. Brush Knee and Punch
97. Step Up to Grasp Bird's Tail
98. Single Whip
99. Creeping Low Like a Snake
100. Step Up to Form Seven Stars
101. Retreat to Ride Tiger
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop With Fist
105. Step Up, Deflect, Parry, Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi