Tai Chi 48 Form - Cheat Sheet

Commencement Form

Section 1
1. White Crane Flashes its Wings
2. Brush Knee and Twist Step
3. Single Whip
4. Strum the Lute
5. Wipe Off and Wrist Press - R,L,R
6. Strike, Parry and Punch - L
7. Ward Off, Grasp the Sparrow’s Tail

Section 2
8. Lean Obliquely
9. Eagle Wings, Fist Under Elbow
10. Drive the Monkey Back - R,L,R,L
11. Diagonal Brush Knee - 4 directions
12. Lift Hands
13. Brush Knee and Punch Downward

Section 3
14. White Snake Flashes Tongue
15. Slap Kick to Subdue Tiger - R,L
16. Turn Left to Strike
17. Lower Body with Piercing Fist
18. Thai Dancers 1 & 2
19. Single Whip

Section 4
20. Wave Hand Like Clouds - R
21. Part the Mustang’s Mane - R, L
22. High Pat on Horse
23. Right Heel Kick
24. Strike Ears with Both Fists
25. Left Heel Kick
26. Strike with Hidden Fist
27. Needle at the Bottom of the Sea
28. Flash Arms Fan Hands

Section 5
29. Turn, Toe Kick - R,L
30. Brush Knee - L,R
31. Step Forward to Punch (Fist Over Hand)
32. Apparent Close Up
33. Wave Hands Like Clouds - L
34. Turn Right to Strike (at the 45)
35. Jade Lady Works the Shuttles - L,R
36. Step Back and Thread Palm

Section 6
37. Turn, Press Down Palms on Empty Step
38. Stand on One Leg and Lift Palm
39. Push Forearm on Horse Stance
40. Turn Body with Large Strokes
41. Scoop Palm and Snake Creeps Down
42. Step Up to Seven Stars
43. Stand on Right Leg and Ride the Tiger
44. Turn Body and Sweep Lotus
45. Draw Bow to Shoot Tiger
46. Strike, Parry and Punch
47. Right Ward Off, Roll Back, Press and Push
48. Cross Hands

For practice videos and more, visit www.TaiChiPractice.org.