

Tai Chi Sequence

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| 1 Beginning | 37 Pat Horse Right | 73 Cloud Hands II |
| 2 Grasp Bird's Tail | 38 Open Up from Right | 74 Single Whip |
| 3 Single Whip | 39 Left Kick | 75 Down Style I |
| 4 Lift Hand Up Style | 40 Turn & Heel Stomp | 76 Golden Rooster Stance |
| 5 White Crane Sunning Wings | 41 Twist Steps | 77 Retreat & Repulse Monkey |
| 6 Twist Steps Right | 42 Parry & Fist | 78 Big Oblique Flight Form |
| 7 Twist Steps Left | 43 Turn & Fist | 79 Lift Hand Up Style |
| 8 Twist Steps Right | 44 "Advance, Pat Horse Left" | 80 White Crane Sunning Wings |
| 9 Strumming Pei Pai | 45 Open Up from Left | 81 Twist Step |
| 10 Advance & Fist | 46 Right Kick | 82 Needle At Sea Bottom |
| 11 Close & Block | 47 Retreat & Fight Tiger | 83 Fan Across Back |
| 12 Carry Tiger Retreat to Mtn | 48 Split Leg Right | 84 Turn & Fist |
| 13 Leopard & Tiger Push Mtn | 49 Twin Peaks Fill Ears | 85 Advance & Fist |
| 14 Pull Down & Turn | 50 Turn & Kick Twice | 86 Advance Grasp Bird's Tail |
| 15 Cross Forearms | 51 Pat Horse Forward | 87 Single Whip |
| 16 Oblique Twist Step | 52 Advance & Fist | 88 Cloud Hands III |
| 17 Turn, Oblique Twist Step | 53 Close & Block | 89 Single Whip |
| 18 Grasp Bird's Tail | 54 Carry Tiger Retreat to Mtn | 90 Pat Horse Forward |
| 19 Oblique Single Whip | 55 Leopard & Tiger Push Mtn | 91 Face Palm |
| 20 Fist Under Elbow | 56 Pull Down & Turn | 92 Turn, Single Sweep Lotus |
| 21 Retreat & Repulse Monkey | 57 Cross Forearms | 93 Twist Step |
| 22 Oblique Flight Form | 58 Oblique Twist Step | 94 Parry & Fist |
| 23 Lift Hand Up Style | 59 "Turn, Oblique Twist Step" | 95 Advance Grasp Bird's Tail |
| 24 White Crane Sunning Wings | 60 Grasp Bird's Tail | 96 Single Whip |
| 25 Twist Step | 61 Single Whip | 97 Down Style II |
| 26 Needle At Sea Bottom | 62 Wild Horse Parting Mane | 98 Advance Seven Stars |
| 27 Fan Across Back | 63 Advance Part to Left | 99 Retreat & Straddle Tiger |
| 28 Turn & Fist | 64 Advance Part to Right | 100 Turn Around Face Palm |
| 29 Retreat & Fist | 65 Wild Horse Parting Mane | 101 Turn, Double Sweep Lotus |
| 30 Advance Grasp Bird's Tail | 66 Maiden Weaving | 102 Flex Bow & Shoot Tiger |
| 31 Single Whip | 67 Turn & Weave | 103 Face Palm |
| 32 Cloud Hands I | 68 Wild Horse Parting Mane | 104 Turn & Fist |
| 33 Single Whip | 69 Maiden Weaving | 105 Advance Face Palm |
| 34 Pat Horse Left | 70 Turn & Weave | 106 Advance Grasp Bird's Tail |
| 35 Open Up from Left | 71 Grasp Bird's Tail | 107 Single Whip |
| 36 Right Kick | 72 Single Whip | 108 Close Tai Chi |