

# 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             |