

Tai Ji Short Form Names

- 1 Begin & Open the Form
- 2 Raise & Lower Arms
- 3 Golden Ball
- 4 Low Ward Off (LWO)
- 5 High Ward Off (HWO)
- 6 Roll Back (RB)
- 7 Press (P)
- 8 Push (Pu)
- 9 Hook & Hold (HH)
- 10 Single Whip (SW)
HWO
- 11 Shoulder Push
- 12 White Crane Spreads Wings
RB P Pu
- 13 Left Brush Knee 1
- 14 Play PiPa
LBK2
- 15 Step Around
- 16 Parry Punch
Pu
- 17 Apparent Close
- 18 Deflect Left
- 19 Embrace the Tiger
RB P Pu HH SW HWO
- 20 Repulse the Monkey x3
- 21 Diagonal Flying
- 22 Wave hands like Clouds x3
HH SW
- 23 Snake Creeps Down 1
- 24 Golden Rooster 1
GR2
- 25 Separate Hand & Kick 1
SHK2
- 26 SHK3 heel kick (180 turn)
BK1 BK2
- 27 Low Punch
SA HWO R P Pu HH SW
- 28 Fair Lady 1
- 29 FL 2
- 30 FL 3
- 31 FL 4
LWO HWO R P Pu HH SW SCD
- 32 Step Up Seven Stars
- 33 Ride the Tiger
- 34 The Wind Sweeps the Lotus Leaves 360
- 35 Bend the Bow to Shoot a Tiger



36 Draw Power Down from Heaven

SA

37 Closing the Form

Note: Roll Back, Press and Push is often called Grasping the Sparrows Tail.
Step Around is sometimes called Twist Step.

See the full Posture Gallery on our Website www.sacredspiral.yoga > Tai Chi > Gallery

