



# Horsham Wudang Tai Chi Chuan

## ADVANCED SHORT HANDFORM

*First introduced 20<sup>th</sup> January 2001*

1. TAI CHI AT REST
2. READY STYLE
3. TAI CHI BEGINNING STYLE (TUI PENG, JUN JI)
4. LOW FLYING OBLIQUE
5. HIGH FLYING OBLIQUE
  
6. RAISE HANDS STEP UP
7. WHITE CRANE SPREADS ITS WINGS
8. EMBRACE TIGER RETURN TO MOUNTAIN
9. STEP UP CROSS HANDS
10. OBLIQUE BRUSH KNEE TWIST STEP
11. TURN BODY BRUSH KNEE TWIST STEP
  
12. SEVEN STARS RIGHT
13. GRASPING BIRDS TAIL
14. OBLIQUE SINGLE WHIP
  
15. FIST UNDER ELBOW (under elbow see fist)
16. NEEDLE AT SEA BOTTOM
17. FAN THROUGH BACK
18. SWING FIST
19. RIGHT DRAPE THE BODY
20. RAISE THE LEFT LEG KICK IN A CURVE (left separate legs)
21. TURN BACK AND KICK WITH HEEL
  
22. PARTING WILD HORSES MANE LEFT
23. SEVEN STARS
24. PARTING WILD HORSES MANE LEFT
25. PARTING WILD HORSES MANE RIGHT
26. FAIR LADY WORKS AT SHUTTLE
27. TURN BODY FAIR LADY WORKS AT SHUTTLE
  
28. SINGLE HAND SWEEP LOTUS LEG
29. STEP UP PUNCH THE GROIN
30. TURN BODY SWING FIST
31. STEP UP PAT HORSE HIGH
32. STEP UP GRASPING BIRDS TAIL
33. SINGLE WHIP
  
34. SNAKE CREEPS DOWN
35. GOLDEN COCKEREL STANDS ON LEFT LEG
36. WHITE SNAKE SPITS OUT ITS TONGUE
37. MIRROR GOLDEN COCKEREL STANDS ON RIGHT LEG
38. STEP BACK TO BEAT THE TIGER
  
39. TWIST THE BODY AND KICK
40. MIRROR STEP BACK TO BEAT THE TIGER
41. EMBRACING THE ONE
42. COMPLETION STYLE