



Horsham Wudang Tai Chi Chuan

SHORT HANDFORM

Part 1

1. TAI CHI AT REST
2. READY STYLE
3. TAI CHI BEGINNING STYLE
4. SEVEN STARS RIGHT
5. GRASPING BIRDS TAIL

Part 2

6. SINGLE WHIP
7. WAVE HANDS IN CLOUDS

Part 3

8. PAT HORSE HIGH LEFT
9. LEFT DRAPE THE BODY
10. RIGHT SEPARATE LEGS

Part 4

11. STEP BACK INTO SEVEN STARS
12. STEP BACK TO STRIKE THE TIGER
13. TWIST THE BODY AND KICK

Part 5

14. BOXING THE EARS
15. RIGHT DRAPE THE BODY
16. LEFT SEPARATE LEGS
17. TURN AROUND AND KICK WITH HEEL

Part 6

18. BRUSH KNEE TWIST STEP
19. STEP FORWARD PLACE PUNCH

Part 7

20. STEP BACK AND SWING FIST
21. SNAKE CREEPS DOWN

Part 8

22. STEP UP (a form of) SEVEN STARS
23. STEP BACK TO RIDE THE TIGER
24. TURN BODY AND SLAP FACE

Part 9

25. TURN BODY AND DOUBLE HAND SWEEP LOTUS LEG
26. DRAW THE BOW TO SHOOT THE TIGER

Part 10

27. STEP BACK REPULSE MONKEY
28. SEVEN STARS
29. STROKING THE LUTE

Part 11

30. STEP UP PARRY AND PUNCH
31. AS IF SHUTTING A DOOR

Part 12

32. EMBRACE TIGER AND RETURN TO MOUNTAIN
33. EMBRACING THE ONE
34. COMPLETION STYL

The above parts reflect the videos on our website where David performs the square form

<http://www.horshamtcc.co.uk/videos-links/videos>