

Taiji Short Form movement list

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First Section

1. Preparation
2. Beginning of the Form
3. Ward off right
4. Ward off left
5. Grasp the sparrow's tail
6. Single whip
7. Raise arms
8. Shoulder stroke
9. White crane spreads its wings
10. Brush Left Knee
11. Play the guitar
12. Brush left knee
13. Parry and strike
14. Apparent closure
15. Cross Hands

Second Section

16. Embrace the Tiger and Carry back to the mountain
17. Diagonal Grasp the sparrow's tail
18. Diagonal single whip
19. Fairy flaps its sleeves
20. Fist under the elbow
21. Step back to repulse monkey
22. Diagonal flying
23. Waving cloud hands
24. High pat on the horse
25. Single whip

Third section

26. Snake creeps down
27. Golden cock stands on left leg
28. Golden cock stands on right Leg
29. Separate right leg
30. Separate left leg
31. Turn around and kick with heel
32. Brush left knee
33. Brush right knee
34. Bend and planting the fist
35. Grasp the sparrow's tail
36. Single whip

Fourth section

37. Fair lady works shuttles
38. Pluck and Ward off left
39. Grasp the sparrow's tail
40. Single whip
41. Snake creeps down
42. Step up to seven stars
43. Riding the tiger
44. Turn around, sweep and lotus kick
45. Bend bow to shoot tiger
46. Parry and strike
47. Apparent closure
48. Cross hands
49. Conclusion of the Form