

Taiji Refined Simplified Form

PF 7MAY09. updated PF 7nov22.

First Section

1. Preparation
2. Beginning of Taiji
3. Ward off right
4. Ward off left
5. Grasp the Sparrow's Tail (right)
6. Taiji ball transitions (Rotate the Taiji ball)
7. Single whip
8. Cloud hands (x5)
9. High pat on the horse
10. Snake creeps down
11. Golden rooster stands on left leg
12. Golden rooster stands on right leg

Second Section

13. Rollback
14. Ward off right (to corner)
15. Fairy flaps sleeves
16. Fist under elbow
17. Repulse monkey (x3)
18. Diagonal flying
19. Raise arms
20. Turn and release down
21. Shoulder stroke
22. White crane spreads its wings
23. Brush left knee and push
24. Needles at the bottom of the sea
25. Shoulder through the back
26. Turn around and punch
27. Sit back and block to the right
28. Block, step, parry and punch

29. Ward off right (fingertips to wrist)
30. Grasp the sparrow's tail (right)

Third Section

31. Taiji ball transitions (Rotate the Taiji ball)
32. Turn around and part the horse's mane (left)
33. Part the horse's mane (right)
34. White crane spreads its wings
35. Brush left knee and push
36. Fair lady weaves shuttles (x4)
37. Ward off left
38. Grasp the sparrows tail (right)
39. Taiji ball transitions (Rotate the Taiji ball)
40. Grasp the sparrow's tail (left)

Fourth Section

41. Patting the mane
42. Separate right leg
43. Separate left leg
44. Turn around and kick with (left) heel
45. Brush left knee and push
46. Play the guitar
47. Bend and planting the fist
48. Turn around and white snake spits out tongue
49. Sit back and block to the right
50. Block, step, parry and punch
51. Kick with (right) heel
52. Shoulder stroke
53. Ward off left
54. Hitting the tiger left
55. Turn around and ward off right
56. Hitting the tiger right
57. Kick with (right) heel to corner
58. Strike both ears
59. Kick with (left) heel

60. Turn around and kick with (right) heel
61. Block, step, parry and punch
62. Apparent closure
63. Cross hands

Fifth Section

64. Embrace tiger and return to mountain
65. Grasp the sparrow's tail (to corner)
66. Taiji ball transitions (Rotate the Taiji ball)
67. Single whip (to corner)
68. Patting the mane
69. Jab to the corner
70. Turn around, separate hands and kick with (right) heel
71. Step, block, parry and punch (left thumb and index finger at thigh)
72. Grasp the sparrow's tail (right)
73. Taiji ball transitions (Rotate the Taiji ball)
74. Single whip

Sixth Section

75. Snake creeps down
76. Step up to seven stars
77. Retreat to ride the tiger
78. Turn around and lotus kick (fast)
79. Bending the bow and shooting the tiger
80. Block to the left (protecting fruit left)
81. Block to the right (protecting fruit right)
82. Step back and pull down
83. Step, block, parry and punch
84. Apparent closure
85. Cross hands
86. End of Taiji

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