

TAI CHI FORM SCORE

*Wu chi*

Raise & Lower hands

Look left & pivot right to hold ball

Ward off left

(Grasp sparrow by tail seq)

Ward off right

Roll back

Press

Push

Single whip

Cranes beak

Split

Roll back

Pull up & pull down

Raise hands

Shoulder bump

White crane spreads wings **13**

Ying Yang hands

Brush left knee

Half step & play guitar

Brush left knee

Brush right knee

Brush left knee

Half step & play guitar

Brush left knee

Roll back, raise & chop fist

Intercept, deflect & punch

Peel off & push

Tiger returns to mountain

Cross hands (**end of first chapter**)

Press to corner 2

Brush knee to corner 3

Roll back, press & push

Redirect left (Sliding door)

Fist under elbow

Repulse monkey 3 times

Check to corner 4

Step back

Diagonal flying to corner 2

Kick back, pull up & down (James Brown)

Raise hands

Shoulder bump

White crane spreads wings

Ying yang hands

Brush left knee

Needle to bottom of sea

## TAI CHI FORM SCORE

Fan & Fan back  
Drop fist and Sweep  
Fist over hand, snake spits tongue  
Drop fist, raise & chop fist, deflect & punch  
Roll back right & left (Wesley Snipes)  
(Grasp sparrow Sequence)  
Ward off right, roll back, press & push  
Single whip  
Split  
Moving hands like clouds  
Split (Draw the sword)  
Pat high horse  
Roll back & deflect left  
Kick with right foot, step down & press to 1  
Roll back & deflect right  
Kick with left foot  
Turn left 180, kick with left foot  
Brush left knee  
Brush right knee  
Step & Punch down  
Roll back, turn right & check to corner 4  
Fist over hand, snake spits tongue  
Roll back, chop fist, deflect & punch  
Twist & fold left, kick right to corner 1  
Step down & deflect down  
Fight the tiger left  
Back fist to corner 1 (Carmen Miranda)  
Fight the Tiger right  
Stretch the taffy  
Deflect and kick front  
Two fists to ears  
Deflect and pivot left & kick with left foot  
Turn right 360, (Fred Astaire) kick with right foot  
Step down & deflect  
Chop fist, deflect and punch  
Roll back, peel off & push  
Tiger returns to mountain  
Cross hands  
***Wu Chi* End of 2<sup>nd</sup> chapter**