

# TAIJI QUAN SHORT FORM



## First section

- Preparation
- Beginning
- Ward off right
- Ward off left
- Grasp the sparrow's tail
- Single whip
- Lift hands
- Shoulder stroke
- White crane spreads its wings
- Brush left knee
- Play guitar
- Brush left knee
- Parry and strike
- Apparent close-up
- Cross hands

## Second section

- Embrace tiger, carry back to the mountain
- Grasp the sparrow's tail
- Single whip (diagonal)
- Fairy flaps its sleeves
- Fist under the elbow
- Repulse monkey (x5)
- Diagonal flying
- Waving cloud hands (x7)
- High pat on the horse and Single whip

## Third section

- Snake creeps down
- Golden cock stands on left leg
- Golden cock stands on right leg
- Separate right leg
- Separate left leg
- Kick with heel
- Brush left knee
- Brush right knee
- Bend and planting the fist
- Grasp the sparrow's tail
- Single whip

## Fourth section

- Fair ladies shuttles
- Ward off left
- Grasp the sparrow's tail
- Single whip
- Snake creeps down
- Seven stars
- Riding the tiger
- Turn around and lotus kick
- Bend bow to shoot tiger
- Parry and strike
- Apparent close-up
- Cross hands
- Conclusion of the Form