



TAI CHI 16 FORM – FORM SHEET

HEAVEN AND EARTH

PART THE WILD HORSE'S MANE (X2)

HALF STEP – WHITE CRANE SPREADS WINGS

BRUSH KNEE (X2)

DOWNWARD DEFLECT PARRY AND PUNCH

CLOSE THE TEMPLE DOOR

SINGLE WHIP

HALF STEP – PLAY THE PIPA

REPULSE THE MONKEY (X2)

GATHER – JADE LADY (X2)

NEEDLE AT SEA BOTTOM

FLASH ARMS

WAVE HANDS LIKE CLOUDS

STROKE THE BIRDS TAIL

CROSS HANDS

CLOSE OFF