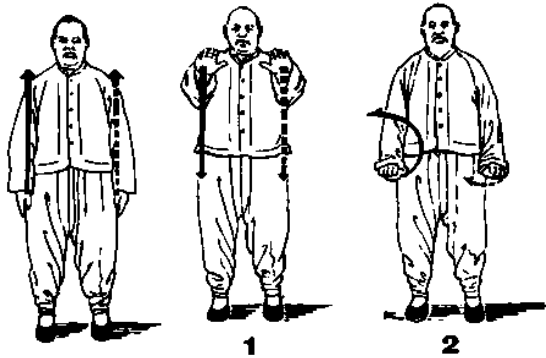




Tai Chi Choreography (Yang's Style)

Part 1

Preparation Stand with feet shoulder width apart, arms hanging loosely at the sides. The weight distributed equally between the two feet. Raise the arms, palms facing each other, up to the level of the shoulders. Turn the palms toward the floor and relax the arms down to the sides of the body. Bend the knees and sink. Steps 1 and 2.



1 Pointing the Way

Raise the right hand and pivot on the right foot and point to the East. Step 3 (Facing East)

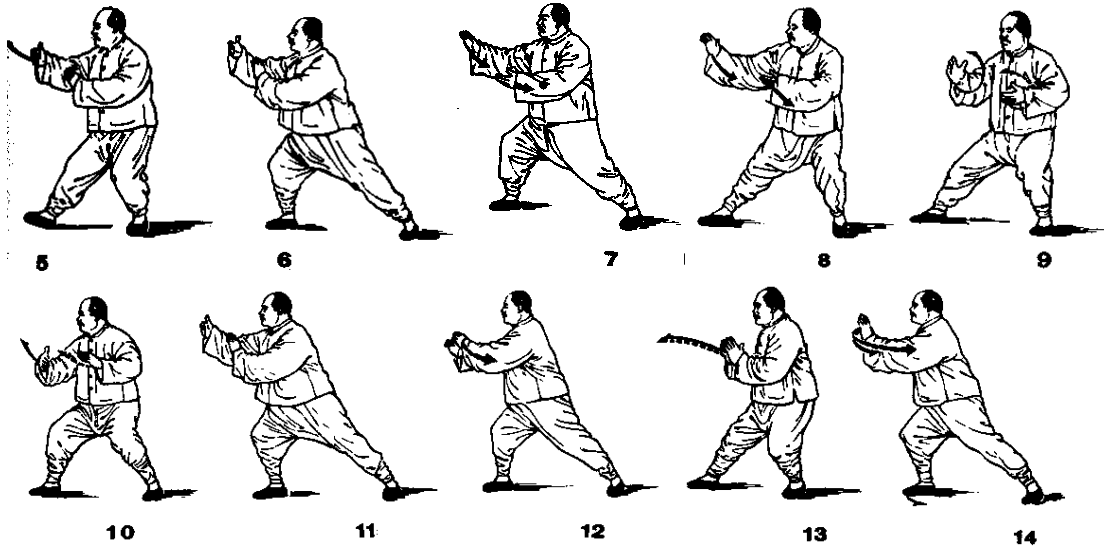


2 Grasp the Bird's Tail

Wardoff with 1 hand: Shift all of the weight on to the right foot and hold the ball (right hand on top). Step to the NNE with the left foot and ward off with the left hand. Step 4.

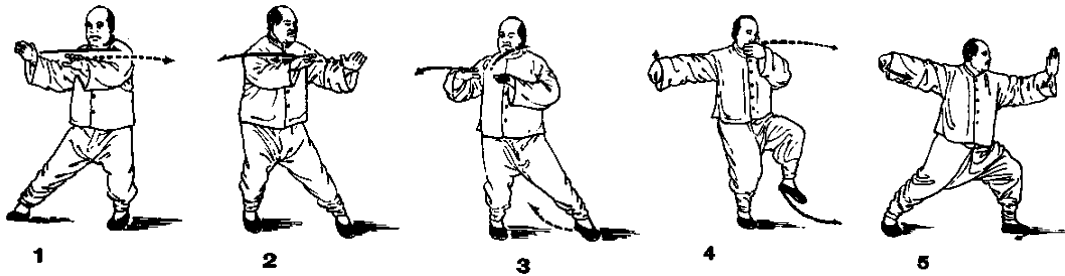
Wardoff with 2 hands: Shift the weight on to the left foot and hold a ball (left hand on top) step to the East with the right foot and push the ball forward. Step 5. Rollback: Turn upper body to the right (South-East direction) and turn the right hand palm down and the left hand palm up sit back and turn the waist to the left (towards North direction).

Press Shift the weight to the left foot and circle the left hand, touch the right wrist and press as you shift the weight forward (upper body will head back to East). Push Separate the hands and sit back lower the hands, shift forward and push (Facing East).



3 Single Whip

Shift back and turn to the left. Pivot on the right heel. Step 6. Turn the toes to the NNW. Hands wave to the left the right hand makes a bird's beak and lifts towards the right corner (beak should point North), look past the right wrist. Pick up the left foot and step to the West with the heel. Step 7. Shift the weight forward on to the left foot and push with the left palm. (Facing West)



4 Lifting Hands

Adjust the left foot (left foot should adjust from West to North-West direction) and then shift all of the weight on to the left foot and pick up the right foot and place the heel down to the front. Step 8. At the same time bring the hands together for lifting hands. (Facing North)





5 Shoulder Stroke

Bring both hands back to the left hip as you pick up the right foot. Step out to the NNW with the right foot and push with the shoulder. Step 9. (Facing North-West)



6 Stork Spreads its Wings

Shift all of the weight to the right foot and touch the left toe to the west. Step 10. Raise the right hand and lower the left hand. (Facing West)



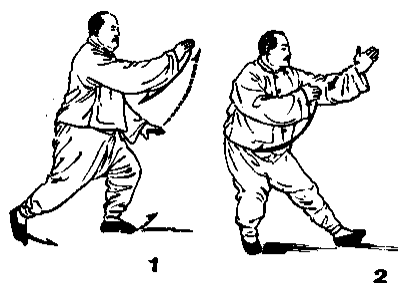
7 Brush Knee and Push

Turn the waist to the left and lower the right hand while raising the left hand. Turn to the right and lower the left hand while raising the right hand. Step with the left foot brush with the left hand and push with the right hand. Step 11. (Facing West)



8 Play Guitar

Take half a step up with the right foot and sit back on the right foot while touching the left foot on the heel. Steps 12, 13. Raise the hands into play guitar posture. (Facing West)

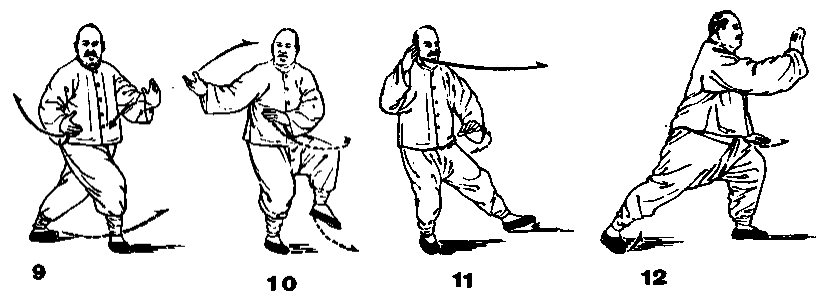
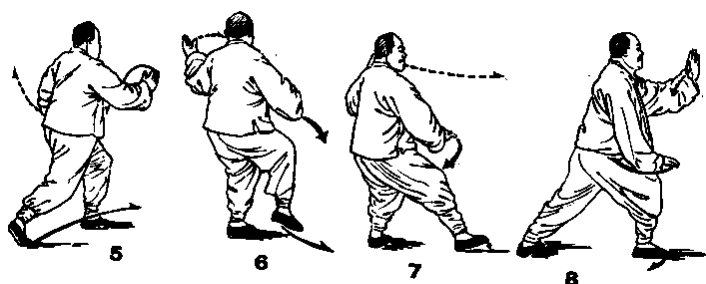


9 Brush Knee and Push

Turn the waist to the right and lower the left hand while bringing the right hand to the side of the head. Step with the left foot and brush with the left hand and push with the right. Step 14. (Facing West)



Shift the weight back and turn the left toes out. Step 15. Shift the weight on to the left foot as the right hands circles down and the left hand circles up. Step with the right foot, Step 16. Brush with the right hand and push with the left. Repeat on the other side. Step 17, 18. (Facing West)





10 Play Guitar

Take half a step up with the right foot and sit back on the right foot while touching the left foot on the heel. Steps 19, 20. Raise the hands into play guitar posture. (Facing West)



11 Brush Knee and Push

Turn the waist to the left and lower the right hand while raising the left hand. Turn to the right and lower the left hand while raising the right hand. Step with the left foot brush with the left hand and push with the right hand. Step 21. (Facing West)



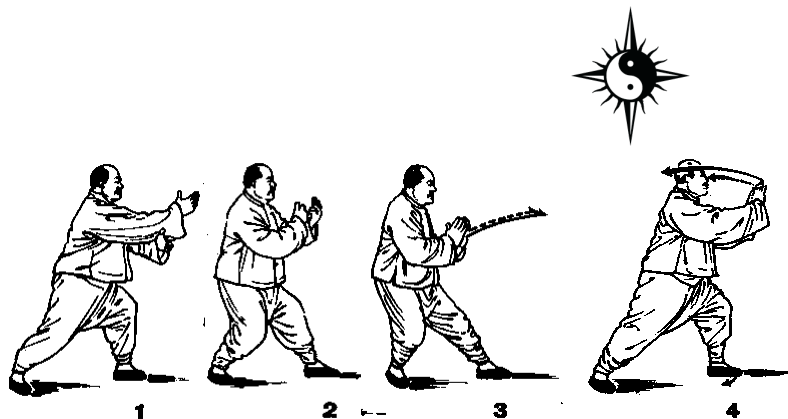
12 Twist Step, Block Down, Parry, and Punch

Sit back and turn the left toes out slightly. Step 22. Twist step with the right foot. Step 23. Block down with the right fist. Step forward with the left foot and parry with the left hand. Step 24. Shift the weight forward and punch with the right fist. (Facing West)



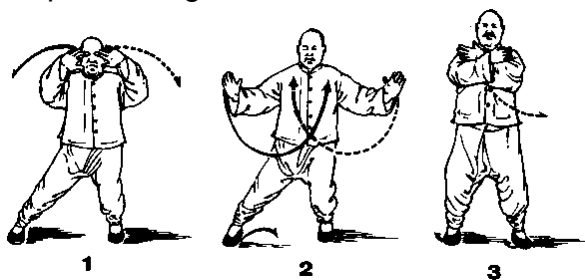
13 Withdraw arm and close up

Turn the waist to the left as the left hand circles under the right elbow. Withdraw the right arm and shift forward and seal up. (Facing West)



14 Cross Hands

Turn to the front (Facing North) and separate the hands while pivoting on the left heel.
 Step 25. Shift the weight to the left foot and bring the right foot back parallel to the left.
 Step 26. Bring the hands to Cross Hands position in front of the chest. (Facing North)



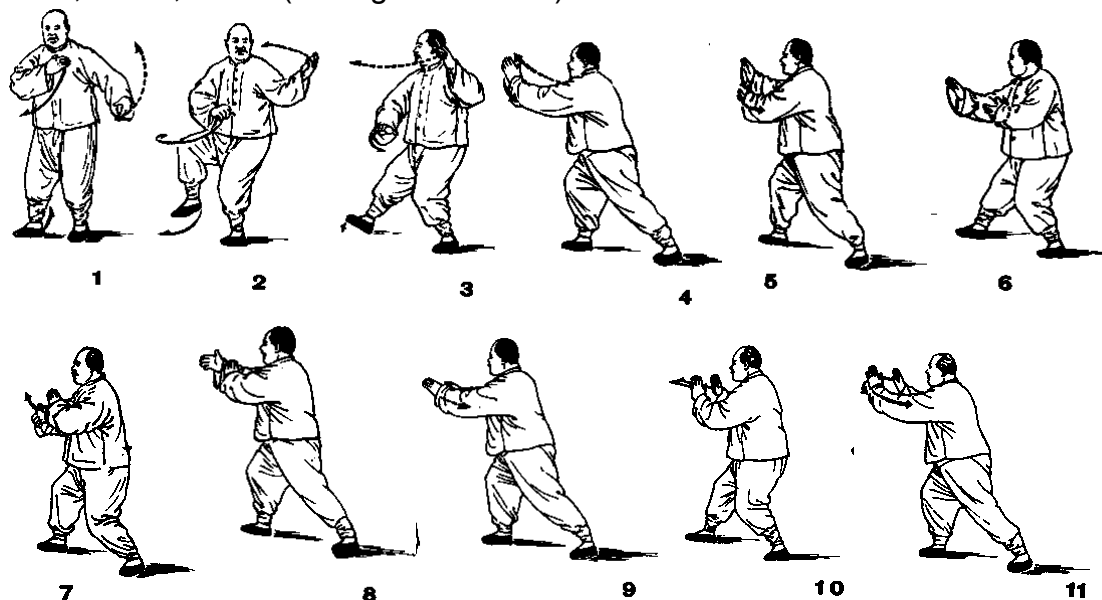
End of first part.



Part 2

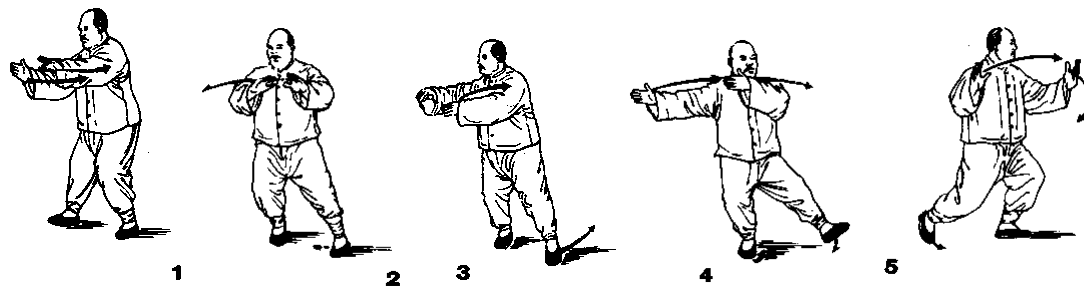
15 Carry Tiger to the Mountain

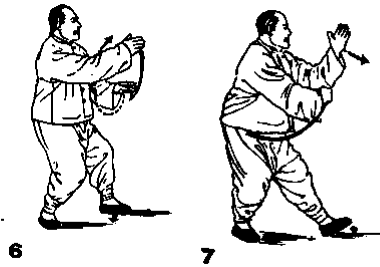
From the Gross Hands position, shift the weight to the right, drop the left hand, and turn the left toes in about 90 degrees (from pointing North to pointing East). As you shift the weight to the left leg, pick up the left hand and lower the right hand into the ready position for brush knee and. push, pick up the right foot at the same time. Step with the right foot to the South East, brush with the right hand, and push with the left. Without shifting the weight circle the right hand and chop, left hand turns palm up. Repeat Roll back, Press, Push. (Facing South East)



16 Fist Under Elbow

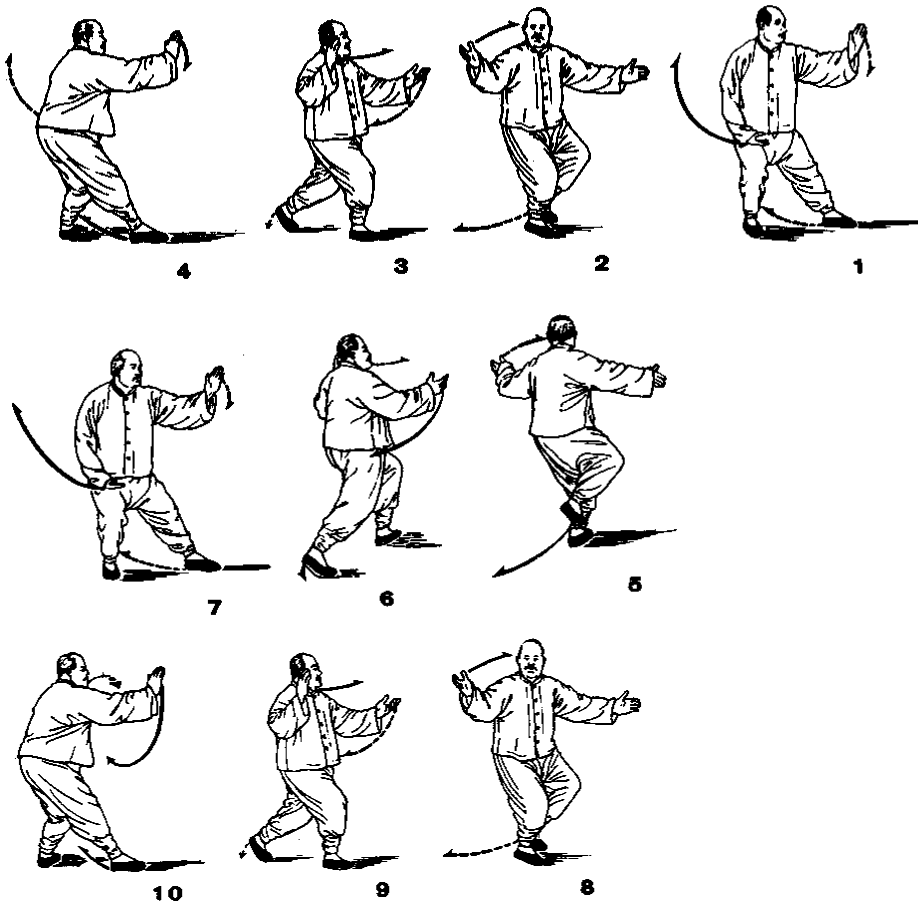
Pull in both hands to the waist and sit back. Turn in the right toes so the feet are parallel (Body should face North East now). Turn to the left and push to the left (Body facing North East, while left & right hands are pushing to North West). Turn to the right and push to the right (Body facing North East, while left & right hands are pushing to South East). Shift all weight to right foot and pick up the left foot and twist step with knees pointing West. Step out with the right foot pointing to the NNW. Open both hands, shift all of the weight to the right foot, and right fist under left elbow, all of the weight on the right foot with touching the left heel. (Facing West)





17 Repulse Monkey

Relax both hands and turn the waist to the right slightly and raise the right hand as you step back with the left foot and turn the left hand palm up. Touch the left toes then the heel. Shift the weight back as you push with the right hand and withdraw the left hand. Do above movements on the opposite side (Left change to Right) -- Repeat twice and end with the right hand and right foot forward. (Total 3 times of Repulse Monkey, end facing West)



18 Slant Flying

Step with the ball of the right the right foot so that both feet are on a north south line. Shift the weight slightly to the right foot so you can pivot on the left heel turn the left toes to the WNW direction. Circle the hands and hold a ball on the left side. Step to the



north with the right foot and sweep the right hand out for slant flying. (Facing North)



19 Raise Hands

Shift the weight on to the right foot and take half a step up with the left foot. Open the hands and shift the weight back onto the left foot bring the hands together for lifting hands posture. (Facing North) Repeat shoulder stroke. (Body inclined to North-West)



20 Stork Spreads its Wings

Shift all of the weight to the right foot and left foot step up and touch the left toe to the West. Raise the right hand and lower the left hand. (Facing West)



21 Brush Knee, and Push

Turn the waist to the left and lower the right hand while raising the left hand. Turn to the right and lower the left hand while raising the right hand. Step with the left foot, brush with the left hand and push with the right hand. (Facing West)





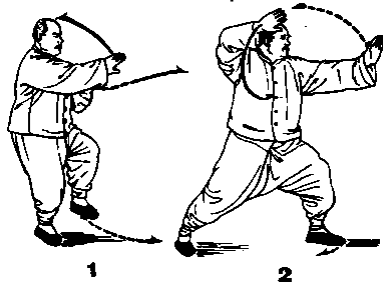
22 Needle at the Bottom of the Sea

Shift the weight on to the left foot and bring the right foot up half a step. Sit back onto the right foot and bring the right hand toward the right ear. Bend forward and point the right fingers down for needle at the bottom of the sea. (Facing West & look few steps beyond on ground level)



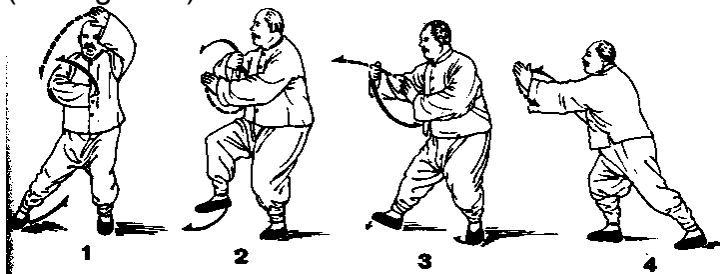
23 Push through the mountain

Bring the right hand to the forehead and the left hand to the heart, step forward with the left foot and push with the left hand. (Facing West)



24 Chop the Opponent with Fist

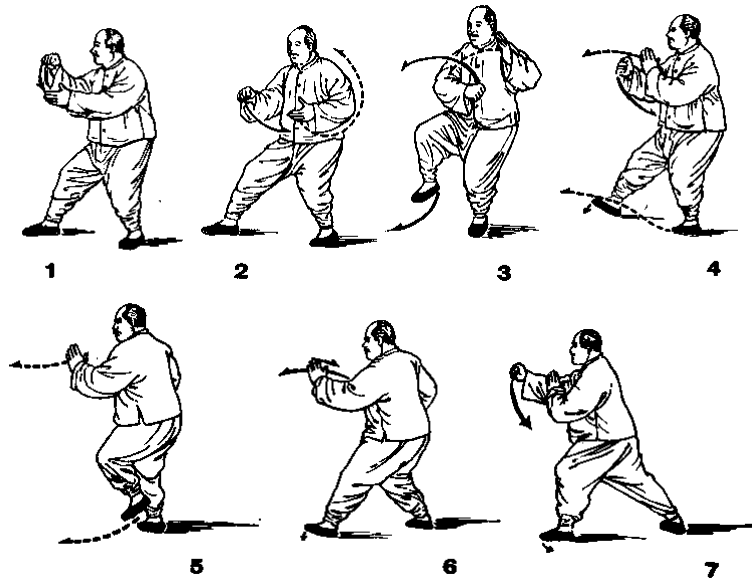
Sit back and turn the left toes toward NNE (left toe from point West to pointing NNE), wave the hands to the right. Shift to the left foot and pull the right heel in and the right fist to the Tan Ten. Right toes point to the NE. Right elbow to the E. Left hand circles down, step with the right foot to the east and block down with the right fist (now facing East). As you withdraw the right fist, the left tiger's mouth reaches out. Relax the left elbow down as you turn the left palm up. Right fist goes over the left elbow and stirs. (Facing East)



25 Twist Step, Block Down, Parry, and Punch

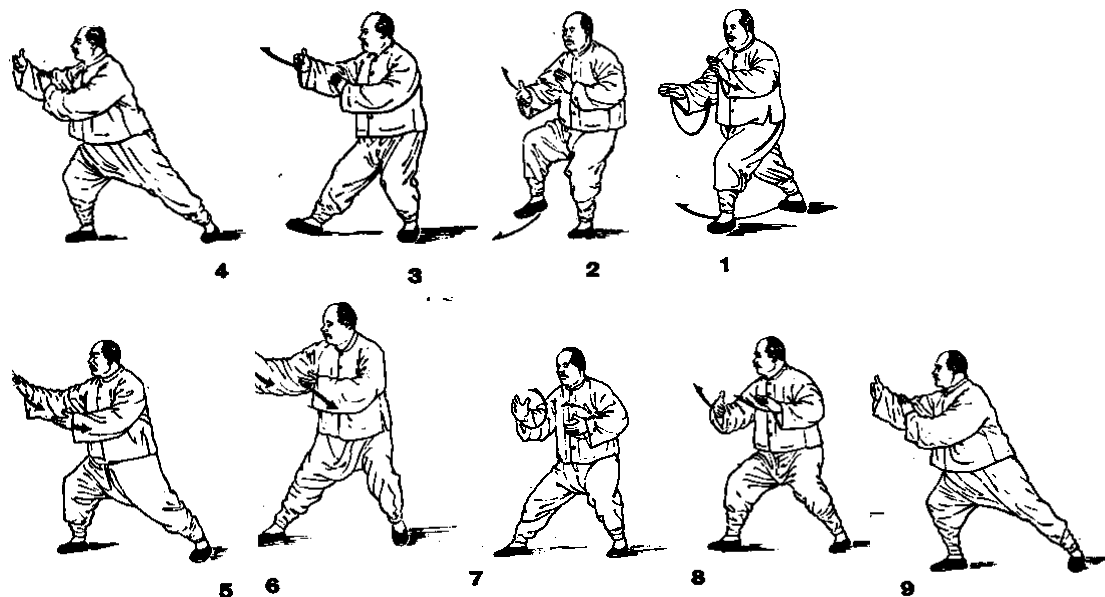


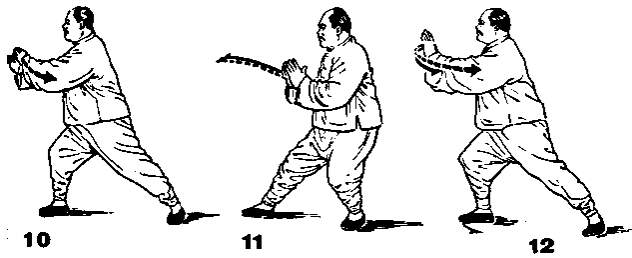
Sit back and turn the left toes out slightly. Twist step with the right foot. Block down with the right fist. Step forward with the left foot and parry with the left hand. Shift the weight forward and punch with the right fist. (Facing East)



26 Grasp the bird's tail

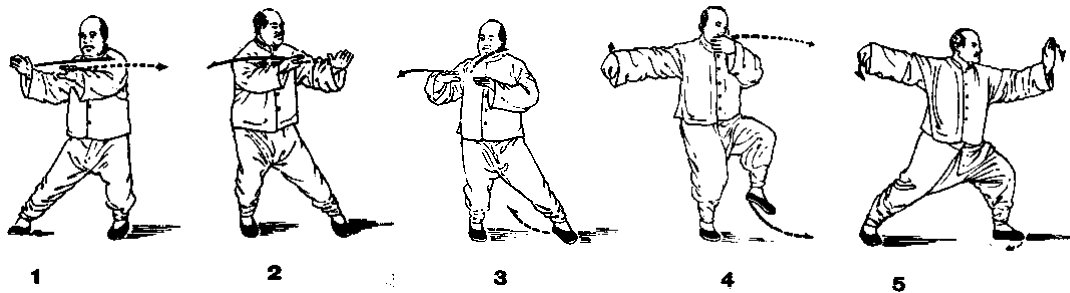
Open the hands as you turn the left toes out and hold a ball on the left side, step to the east with the right foot and push the ball forward. Turn to the right and turn the right hand palm down and the left hand palm up. Sit back and turn the waist to the left. Shift the weight to the left foot and circle the left hand, touch the right wrist and press as you shift the weight forward. Separate the hands and sit back lower the hands, shift forward and push. (Facing East)





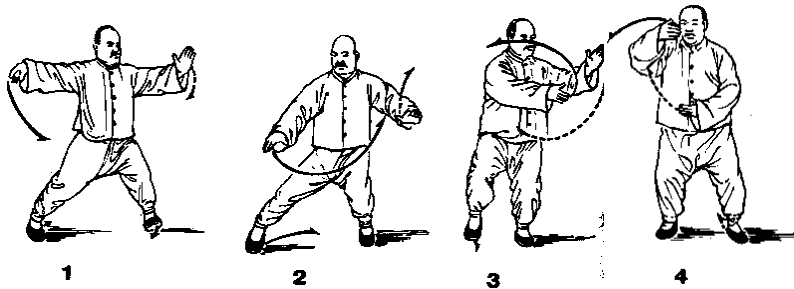
27 Single Whip

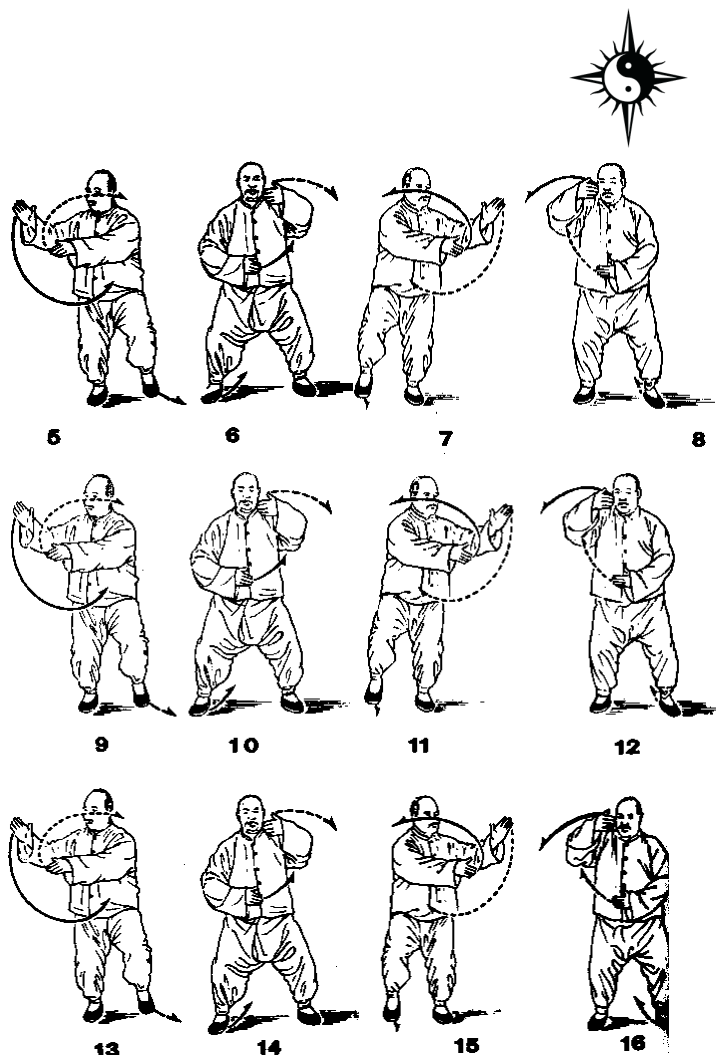
Shift back and turn to the left (pointing North). Pivot on the right heel. Turn the right toes in: Hands wave to the left. Shift to the right as the right hand makes a bird's beak and lifts towards the right corner, look past the right wrist. Pick up the left foot and step (pointing West). Shift the weight forward on to the left foot and push with the left palm. (Facing West)



28 Wave Hands Like Clouds

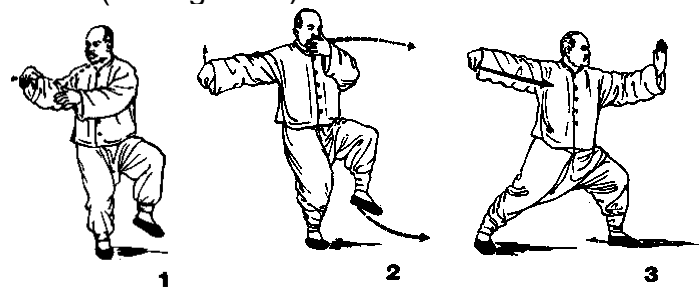
Shift the weight back as you turn the left toes to the N, raise the left hand and lower the right. Shift left and look to the NE. Shift all the weight onto the left foot as you look left raise the right hand and bring the right foot parallel to the left 1 foot distance between them. Shift to the right and wave the hands to the right. Turn the waist. As all of the weight shifts to the right, switch the hands and step out to the left with the left foot about 2 foot lengths from the right foot, feet are parallel. Shift to the left, turn to the left. Repeat to the right. Repeat to the left. Repeat to the right. (Whole movement: Upper Body "screening" from North-West and North-East direction, while lower body moves from Right to Left. End of movement: body facing North)





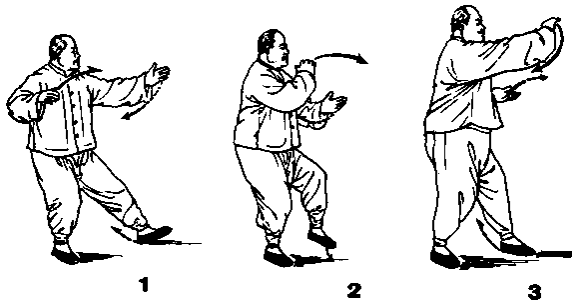
29 Single Whip

As the right hand is in front of the centerline, turn the right toes in and lift the right hand in a bird's beak to the NNE step to the west with the left foot and push with the left hand. (Facing West)



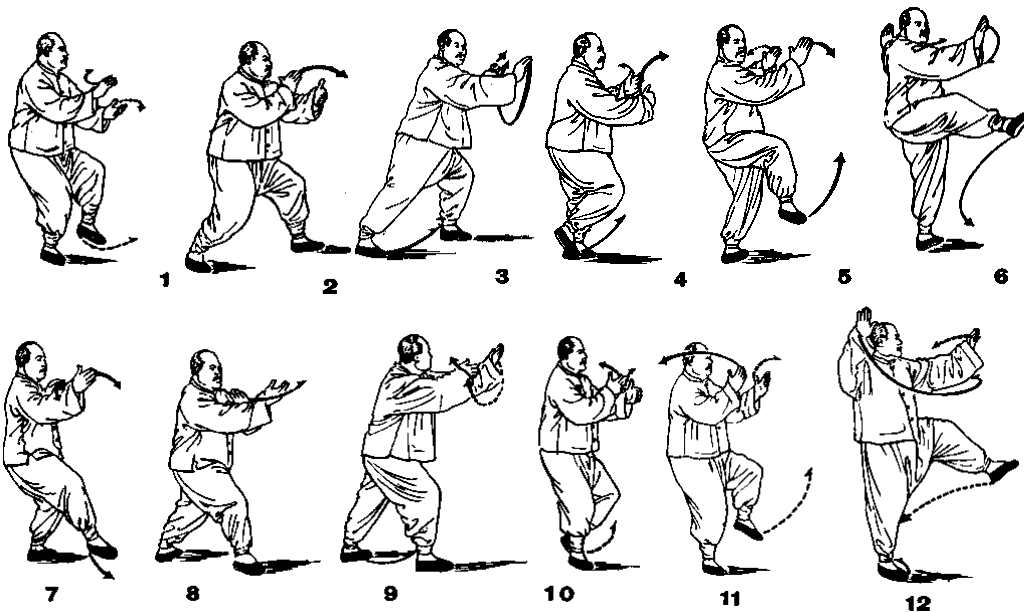
30 Pat the High Horse

Adjust the right foot, turn to the right. palm up, and shift the weight back on to the right foot as you bring the left hand palm up in front of the Tan Ten, push the right hand palm down out in front of the neck. (Facing West)



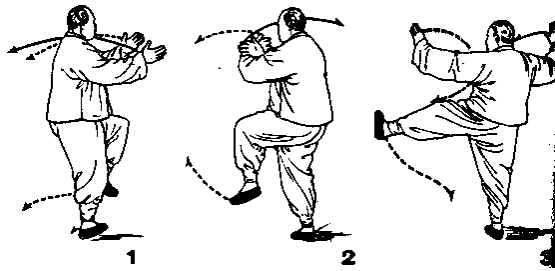
31 Separate right and left toe

Step to the WSW with the left foot (left foot points to South West); left arm wards off while the right finger tips strike to the SW then circles to the NW. Pick up the right foot, cross hands and kick (with right foot) to the NW with the toes pointing up. Relax the right foot step to the WNW (right foot points to North West), right hand inward off position. Left hand stabs over the right arm to the NW then circles to the SW. Pick up the left foot, cross hands and kick (with Left foot) to the SW with the toes pointing up. (End position facing South West)



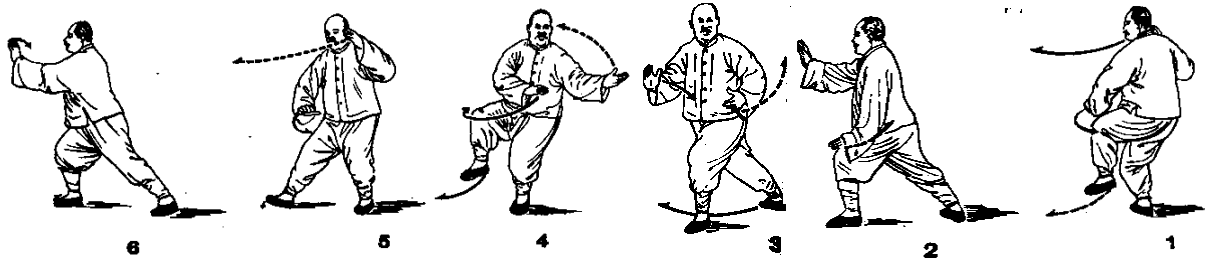
32 Heel Kick

Step behind with the left toes behind the right foot. Pivot on the right heel and left toes 180 degrees facing East (Body facing East). Cross the hands as you pickup left foot and kick with the left heel. (Facing East)



33 Brush knee and Push Right and Left

Relax the left hand in front of the right hip and bring the right and in toward the right shoulder. Step with the left foot, brush with the left hand and push with the right hand. Shift the weight back and turn the left toes out. Shift the weight on to the left foot as the right hands circles down and the left hand circles up. Step with the right foot brush with the right hand and push with the left. (Facing East)



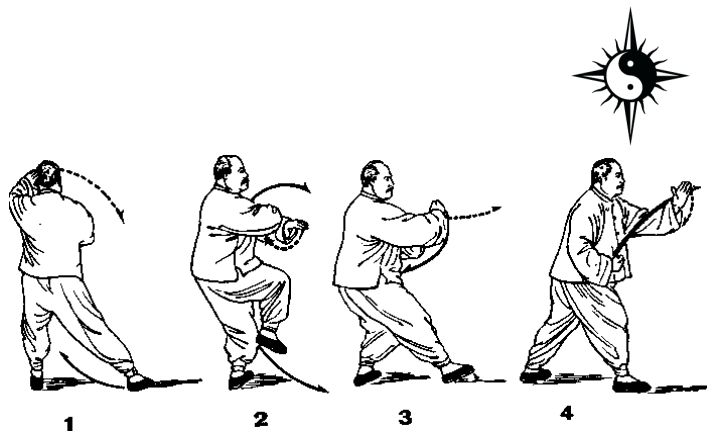
34 Downward Punch

Right hand makes a loose fist turn out the right toes, step with the left foot, brush with the left hand and punch downward to the knee level with the right fist. (Facing East)



35 Chop the Opponent with Fist

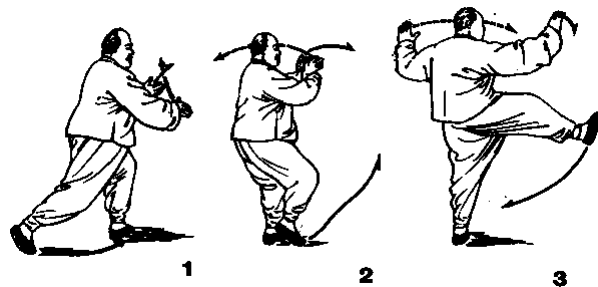
Sit back and turn the left toes toward SSW, wave the hands to the right. Shift to the left foot and pull the right heel in and the right fist to the Tan Ten. Right toes point to the SW. Right elbow to the W. Left hand circles down, step with the right foot to the W and block down with the right fist. As you withdraw the right fist the left hand reaches out. Relax the left elbow down as you turn the left palm up. Right fist goes over the left elbow and stirs. (Facing West)



36 Twist Step, Block Down, Parry, and Punch. Sit back and pick up the hands as you twist step with the right foot. Stock down with the right fist. Step forward with the left foot and parry with the left hand. Shift the weight forward and punch with the right fist. (Facing West)

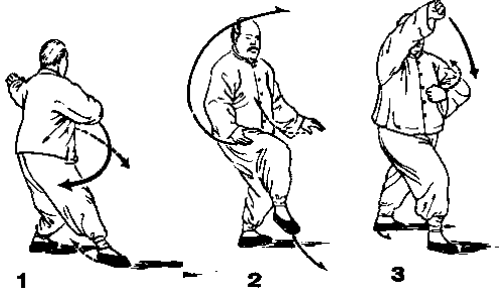
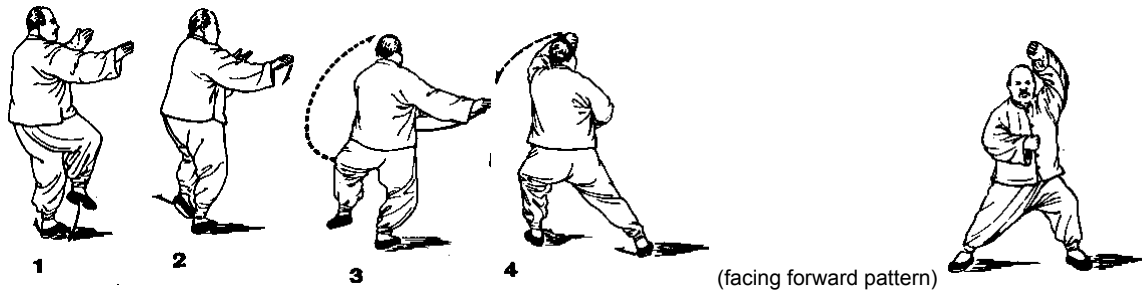


37 Right heel kick. Turn out the left toes, circle the hands, and heel kick with the right foot to the west direction. (Facing West)



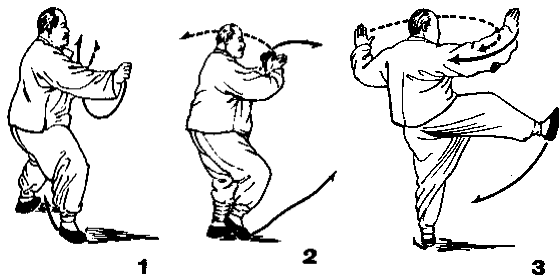
38 Strike the Tiger

Step down with the right foot, toes pointing to the South. Left palm up at the right hip, Right hand palm down. Step to the SE with the left foot and circle the right fist to the Tan Tien and the left fist in front of and above the head. Facing to the SSE direction. Shift the weight back and turn in the left toes, relax the hands, left hand palm down, right hand palm up. Step with the right foot to the NW and circle the left fist in front of the Tan Tien and the right fist in front of and above the head. Facing the WNM direction. (Left Foot points to South East, Body facing South West; then, Right Foot points to North West, Body facing South West)



39 Heel kick with right foot

Adjust the left foot, bring it in and turn the toes out a bit. Shift the weight back on to the left foot, circle and cross the hands and kick with the right heel to the west. (Facing West)



40 Strike the opponent's ears

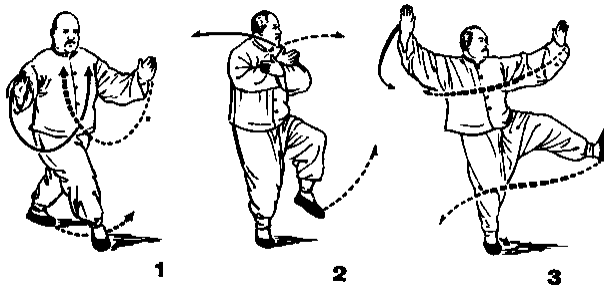
Relax the right foot without puffing it down and bring both hands palm up to the waist. Turn the body to the NW by pivoting on the left heel (One foot pivot, not step). Step with the right foot to the NW and circle both hands up and punch inward at ear level. (Facing North West)





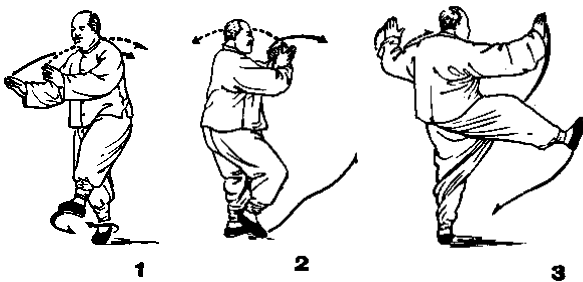
41 Left heel kick

Shift the weight back and adjust the right toes to the right a bit. Shift all the weight to the right foot and cross the hands and heel kick with the left foot to the west. (Facing West)



42 Turn and kick

As the left foot comes back swing it to the right while pivoting on the right toes and step down with the left toes toward the SSW. Kick with the right heel to the west. (Facing West)



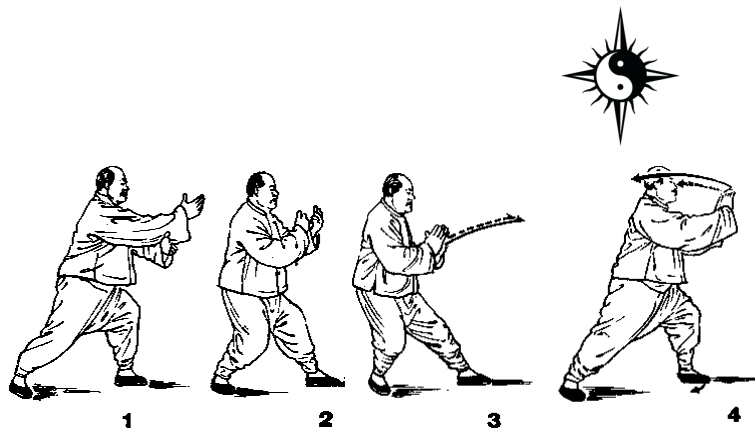
43 Twist Step, Block Down, Parry and Punch

Set the right foot down in a twist step. Block down with the right fist. Step forward with the left foot and parry with the left hand. Shift the weight forward and punch with the right fist. (Facing West)



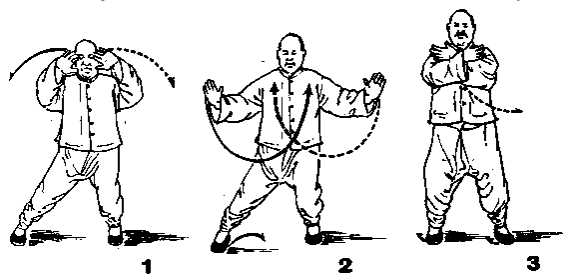
44 Withdraw the Arm and Close Up

Turn the waist to the left as the left hand circles under the right elbow. Withdraw the right arm and shift forward and seal up. (Facing West)



45 Cross Hands

Turn to the front and separate the hands while pivoting on the left heel. Shift the weight to the left foot and bring the right foot back parallel to the left. Bring the hands to Cross Hands position In front of the chest. (Facing North)



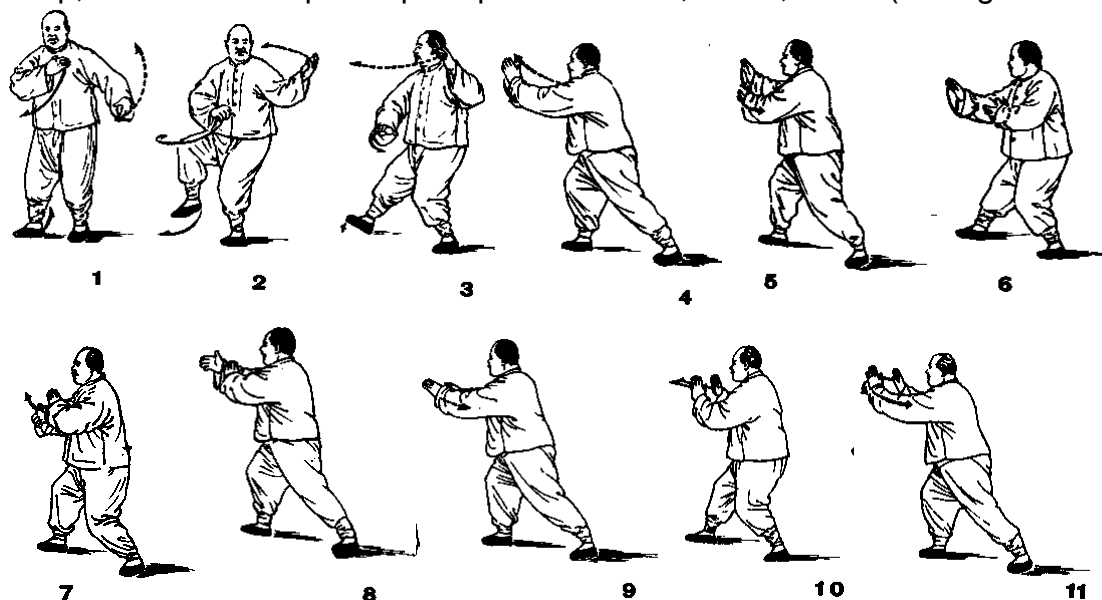
End of second part.



Part 3

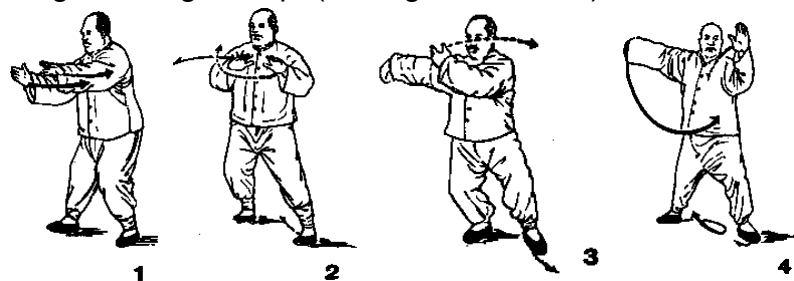
46 Carry Tiger to the Mountain

From the Cross Hands position, shift the weight to the right, drop the left hand, and turn the left toes in about 60 degrees. As you shift the weight to the left leg, pick up the left hand and lower the right hand into the ready position for brush knee and push, pick up the right foot at the same time. Step with the right foot, brush with the right hand, and push with the left. Without shifting the weight circle the right hand and chop, left hand turns palm up. Repeat Roll back, Press, Push. (Facing South East)



47 Diagonal Single Whip

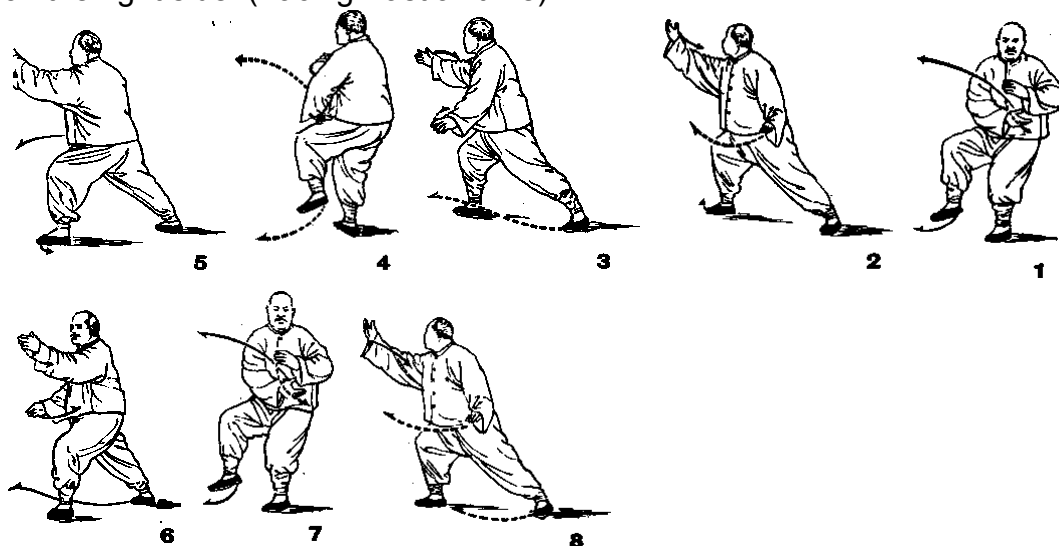
From the cross hands position, shift the weight to the right foot at the same time turn the left toes in and drop the left hand. Shift the weight to the left foot, and at the same time raise the left hand and lower the right hand. Pick up the right footstep to the rear corner, brush with the right hand, shift forward and push with the left. Turn your waist to the right, circle the right hand and chop. Left hand turns palm up. Shift the weight back and roll back. Then press, then push. Sit back turn the waist to the left turn the right toes in. Shift the weight to the right, as the right hand makes a bird's beak. Pickup the left foot and step to the northwest corner. Push with the left hand for diagonal single whip. (Facing North West)





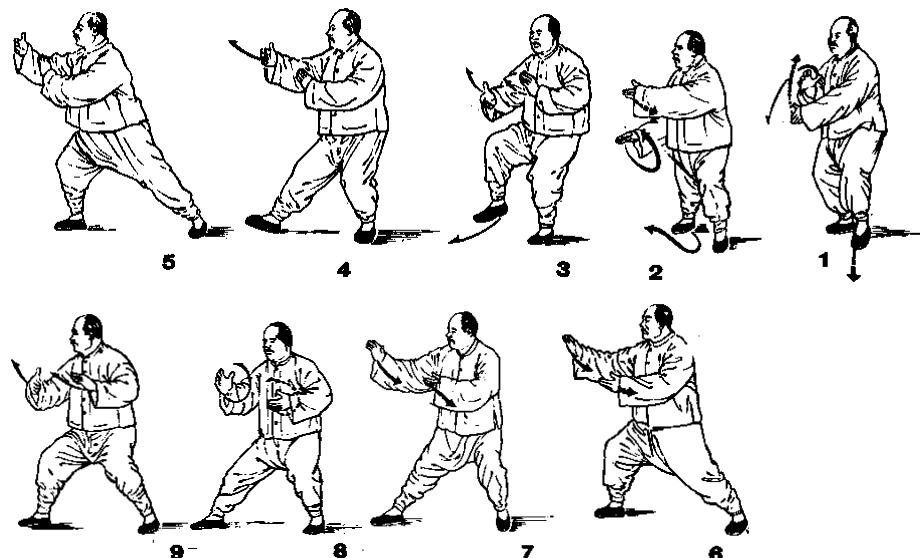
48 Part the Wild Horses Mane

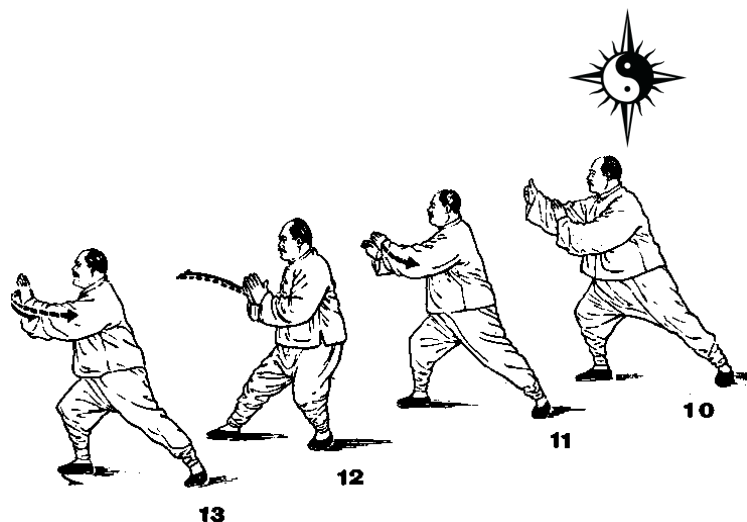
Turn the left toes to the north northeast, shift the weight onto the left foot, holding the ball on the left side, step with the right foot towards the east. As you do this raise the right hand into part the wild horse's mane. Repeat on the left side. Repeat on the right side. (Facing East all time)



49 Grasp the bird's tail

Open the hands as you turn the left toes out and hold a ball on the left side, step to the east with the right foot and push the ball forward. Turn to the right and turn the right hand palm down and the left hand palm up. Sit back and turn the waist to the left. Shift the weight to the left foot and circle the left hand, touch the right wrist and press as you shift the weight forward. Separate the hands and sit back lower the hands, shift forward and push. (Facing East)





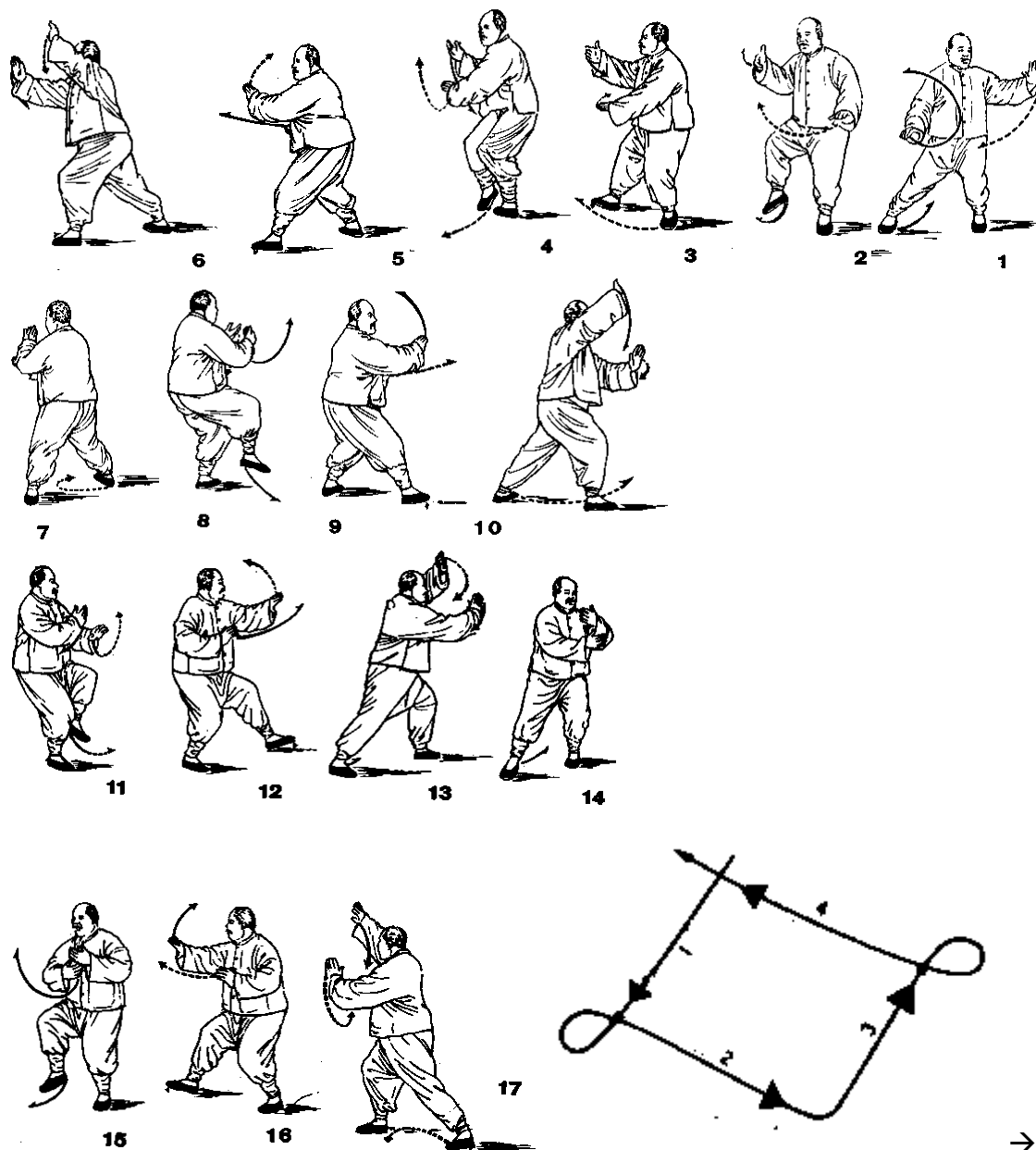
50 Single Whip

Shift back and turn to the left. Pivot on the right heel. Turn the right toes in. Hands wave to the left. Shift to the right as the right hand makes a bird's beak and lifts towards the right corner, look past the right wrist. Pick up the left foot and step. Shift the weight forward on to the left foot and push with the left palm. (Facing West)



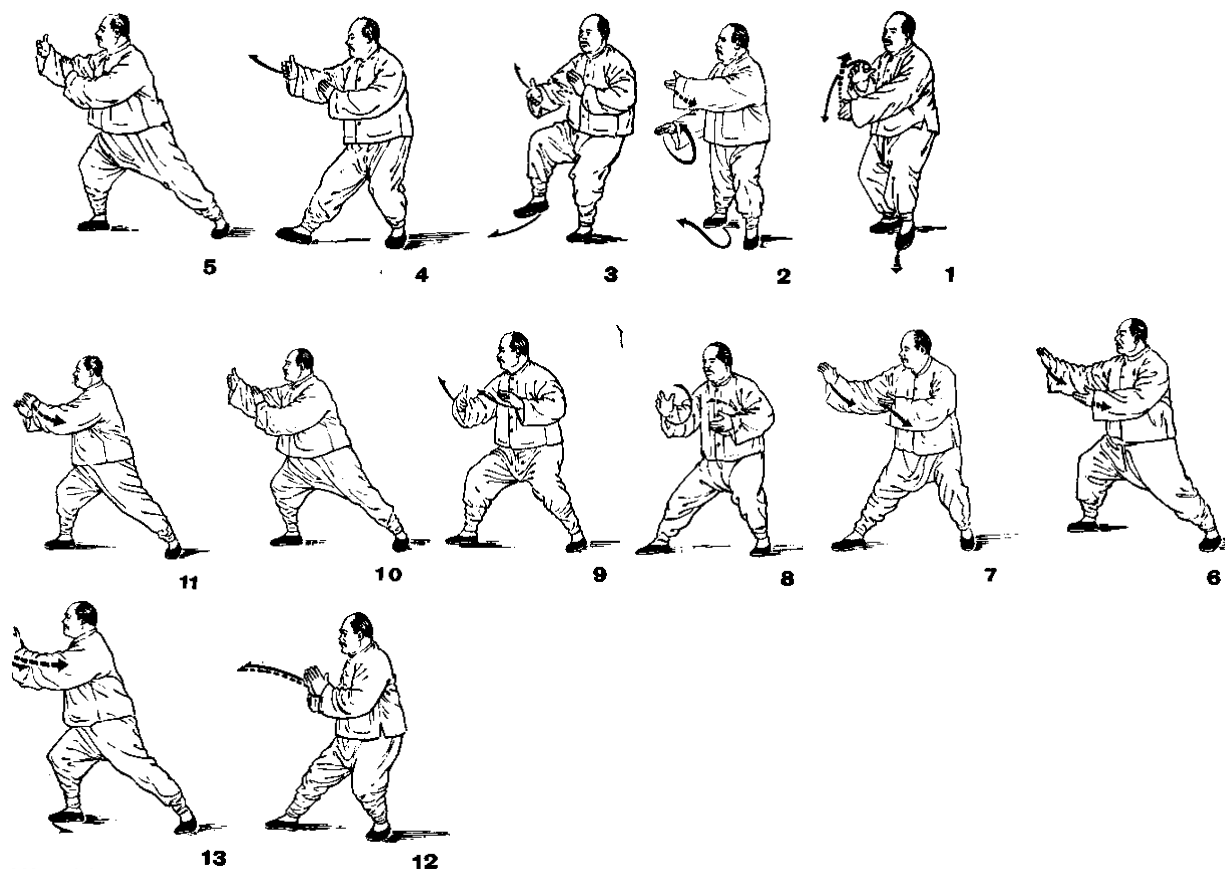
51 Fair Lady Works the Shuttles

Sit back and drop the left hand and turn the left toes in. Shift the weight onto the left foot. As you pick up your right foot and twist step with the right foot, hold the ball on the right side right hand on top. Step down with the right foot step out with the left foot as you unroll the ball. Left hand blocking upward and right hand pushing forward. Sit back and turn the left toes in. Hold the ball on the left side shift the weight onto the left foot, pick up the right foot and turn 270 degrees. Stepping with your right foot to the North West block up with the right hand and push out with the left hand. Shift all the weight onto the right foot. Holding the ball on the right side. Pick up your left foot, step to the southwest, block up the left hand and push out with the right. Follow step with the right foot and sit back on the right as you turn the left toes in. Hold the ball on the left side, shift the weight onto your left foot, step with the right foot and push with the left hand sit back turn right toes in slightly. Hold the ball on the right side. (4 "attack" patterns: i) right hand push to North East, ii) turn body and left hand push to North West, iii) turn body and right hand push to South West, iv) turn body and left hand push to South East (see below the foot step movement))



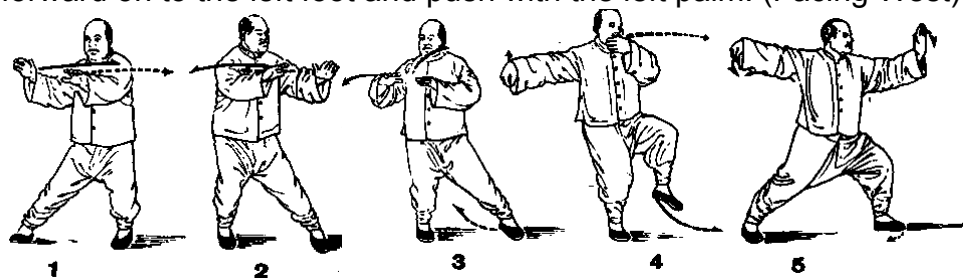
52 Grasp the bird's tail

Open the hands as you turn the left toes out and hold a ball on the left side, step to the east with the right foot and push the ball forward. Turn to the right and turn the right hand palm down and the left hand palm up. Sit back and turn the waist to the left. Shift the weight to the left foot and circle the left hand, touch the right wrist and press as you shift the weight forward. Separate the hands and sit back lower the hands, shift forward and push. (Facing East)



53 Single Whip

Shift back and turn to the left. Pivot on the right heel. Turn the , right toes in. Hands wave to the left. Shift to the right as the right hand makes a bird's beak and lifts towards the right corner, look past the right wrist. Pick up the left foot and step. Shift the weight forward on to the left foot and push with the left palm. (Facing West)

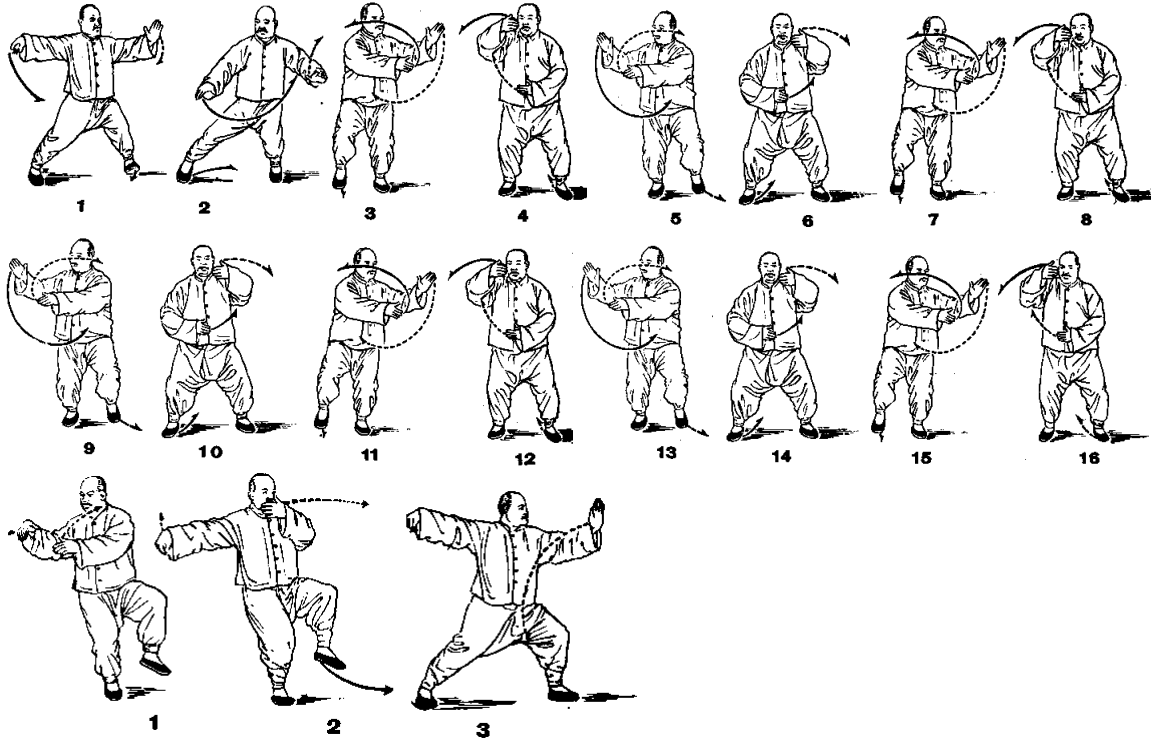


54 Wave Hands Like Clouds

Shift the weight back as you turn the left toes to the N, raise the left hand and lower the right. Shift left and look to the NE. Shift all the weight onto the left foot as you look left raise the right hand and bring the right foot parallel to the left 1 foot distance between them. Shift to the right and wave the hands to the right. Turn the waist. As all of the weight shifts to the right, switch the hands and step out to the left with the left foot about 2 foot lengths from the right foot. Feet are parallel. Shift to the left, turn to the left.

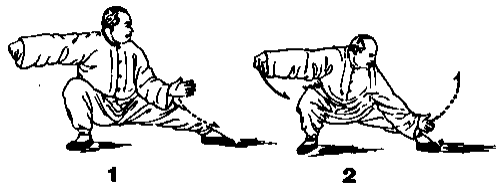


Repeat to the right. Repeat to the left. Repeat to the right, as the right hand is in front of the centerline, turn the right toes in and make a bird's beak to the NNE and do Single Whip. (Facing North the whole time and Single Whip face West)



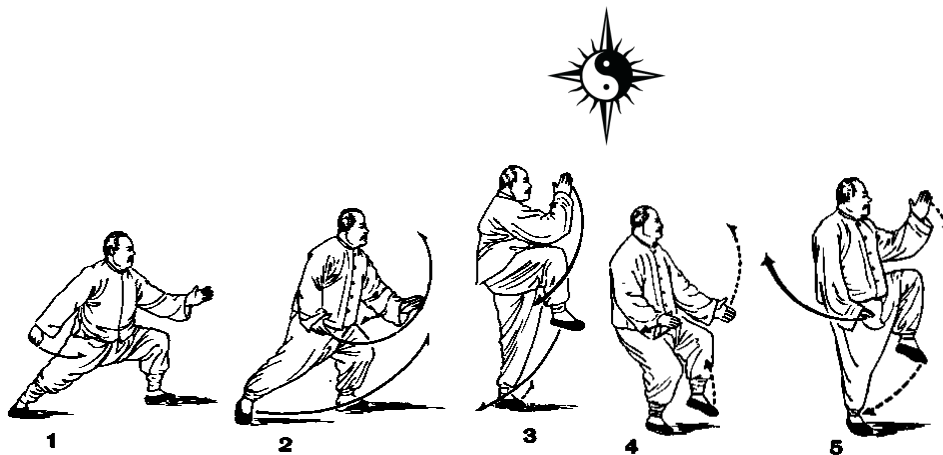
55 Snake creeps down

Adjust the rear foot and shift the weight back. Pull with the left hand and sink down to drop the right hand bird's beak to the ground. The left hand snakes along the floor shift the weight forward, turn out the left toes and turn in the right toes. (Facing West)



56 Golden Rooster stands on one leg

The left hand presses down as you raise the right foot and kick with the knee as the right fingers point skyward the right elbow and right knee almost touching. Step back with the right foot right photos turned out 45 degrees shift the weight on to the right foot as the right hand presses down kick with the left knee with the left fingers pointing up. (Facing West)



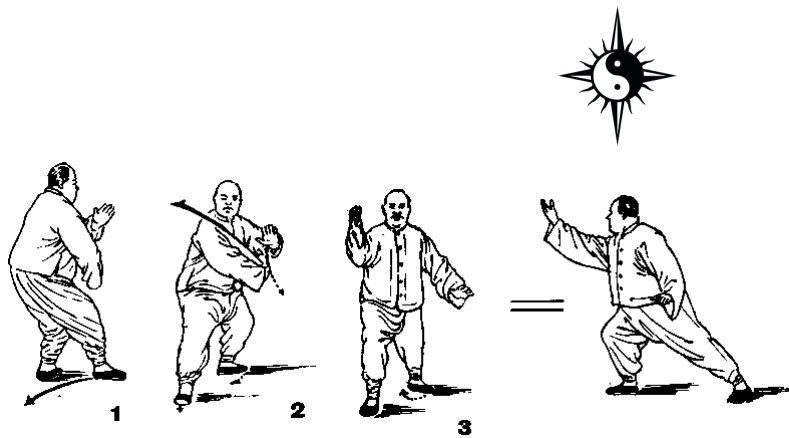
57 Repulse Monkey

Relax both hands and turn the waist to the right slightly and raise the right hand as you step back with the left foot and turn the left hand palm up. Touch the left toes then the heel. Shift the weight back as you push with the right hand and withdraw the left hand. Repeat twice and end with the right hand and right foot forward. (Facing West)



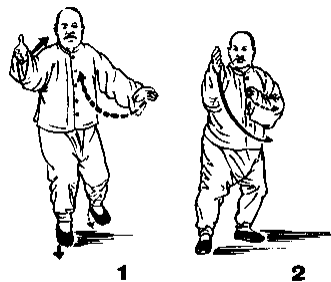
58 Slant Flying

Step with the ball of the right foot so that both feet are on a north south line. Shift the weight slightly to the right foot so you can pivot on the left heel turn the left toes to the WNW direction. Circle the hands and hold a ball on the left side. Step to the north with the right foot and sweep the right hand out for slant flying. (Facing North)



59 Raise Hands

Shift the weight on to the right foot and take half a step up with the left foot. Open the hands and shift the weight back on to the left foot bring the hands together for lifting hands posture. Repeat shoulder stroke. (Facing North)



60 Stork Spreads its Wings

Shift all of the weight to the right foot and touch the left toe to the west. Raise the right hand and lower the left hand. (Facing West)



61 Brush Knee and Push

Turn the waist to the left and lower the right hand while raising the left hand. Turn to the right and lower the left hand while raising the right hand. Step with the left foot brush with the left hand and push with the right hand. (Facing West)





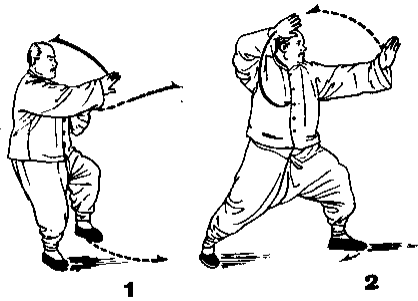
62 Needle at the Bottom of the Sea

Shift the weight onto the left foot and bring the right foot up half a step. Sit back onto the right foot and bring the right hand toward the right ear. Bend forward and point the right fingers down for needle at the bottom of the sea. (Facing West)



63 Push through the mountain

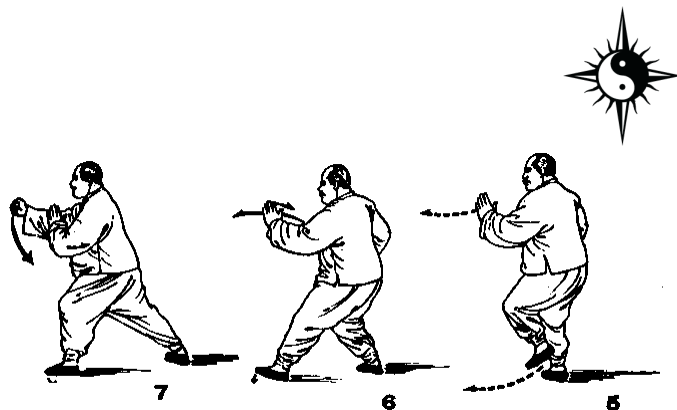
Bring the right hand to the forehead and the left hand to the heart, step forward with the left foot and push with the left hand. (Facing West)



64 White Snake puts out its tongue

Sit back and turn the left toes toward NNE, wave the hands to the right. Shift to the left foot and pull the right heel in and the right palm to the Tan Tien. Right toes point to the NE. Right elbow to the E. Left hand circles down, step with the right foot to the east and block down with the back of the open right hand. As you withdraw the right hand the left palm pushes out. Right fingertips strike out at throat level. (Facing East)





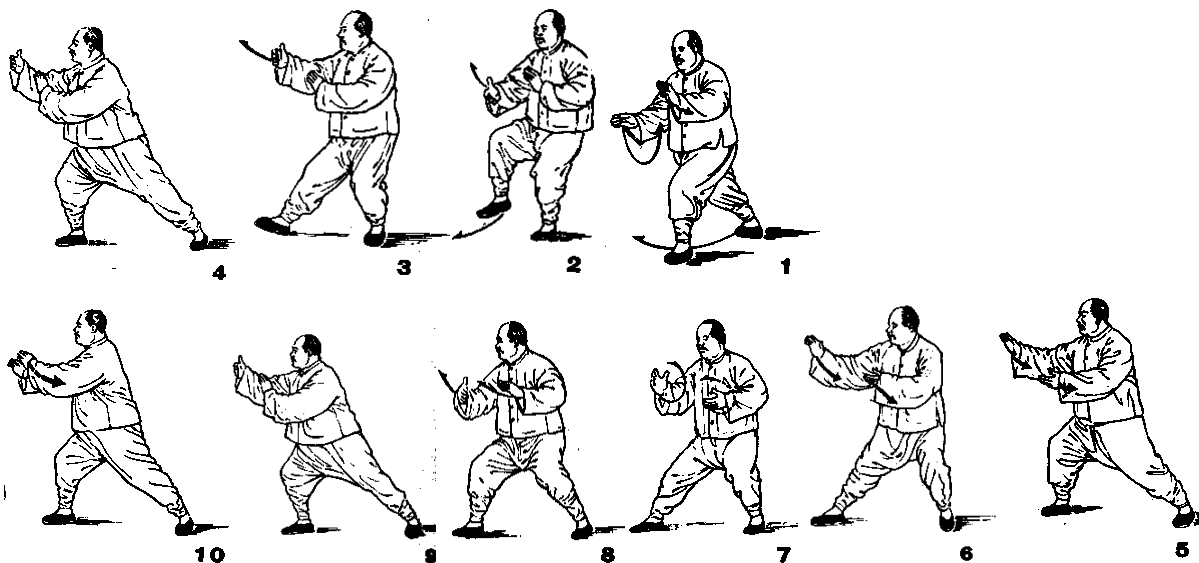
65 Twist Step, Block Down, Parry, and Punch

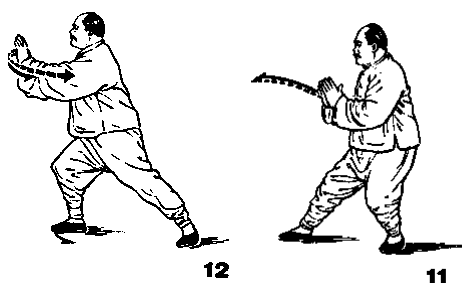
Both hands come back. Twist step with the right foot. Block down with the right fist. Step forward with the left foot and parry with the left hand. Shift the weight forward and punch with the right fist. (Facing East)



66 Grasp the bird's tail

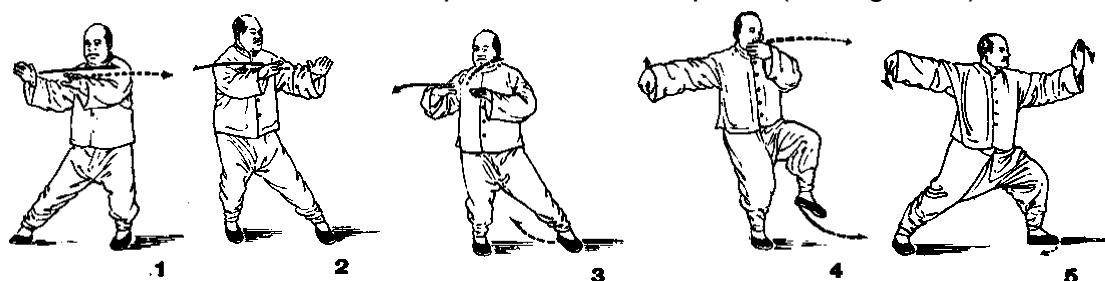
Open the hands as you turn the left toes out and hold a ball on the left side, step to the east with the right foot and push the ball forward. Turn to the right and turn the right hand palm; down and the left hand palm up. . Sit back and turn the waist to the left. Shift the weight to the left foot and circle the left hand, touch the right wrist and press as you shift the weight forward. Separate the hands and sit back lower the hands, shift forward and push. (Facing East)





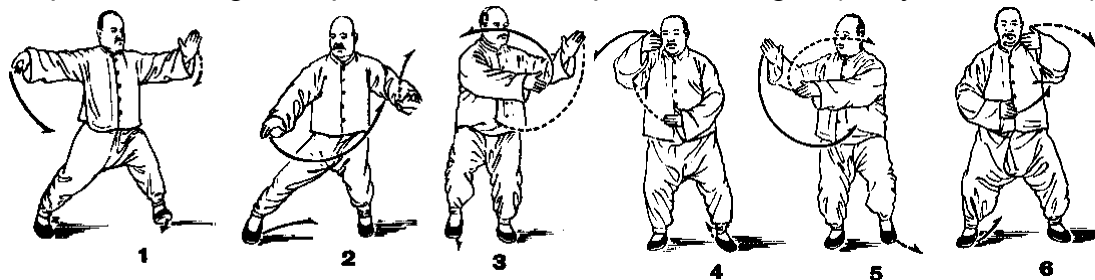
67 Single Whip

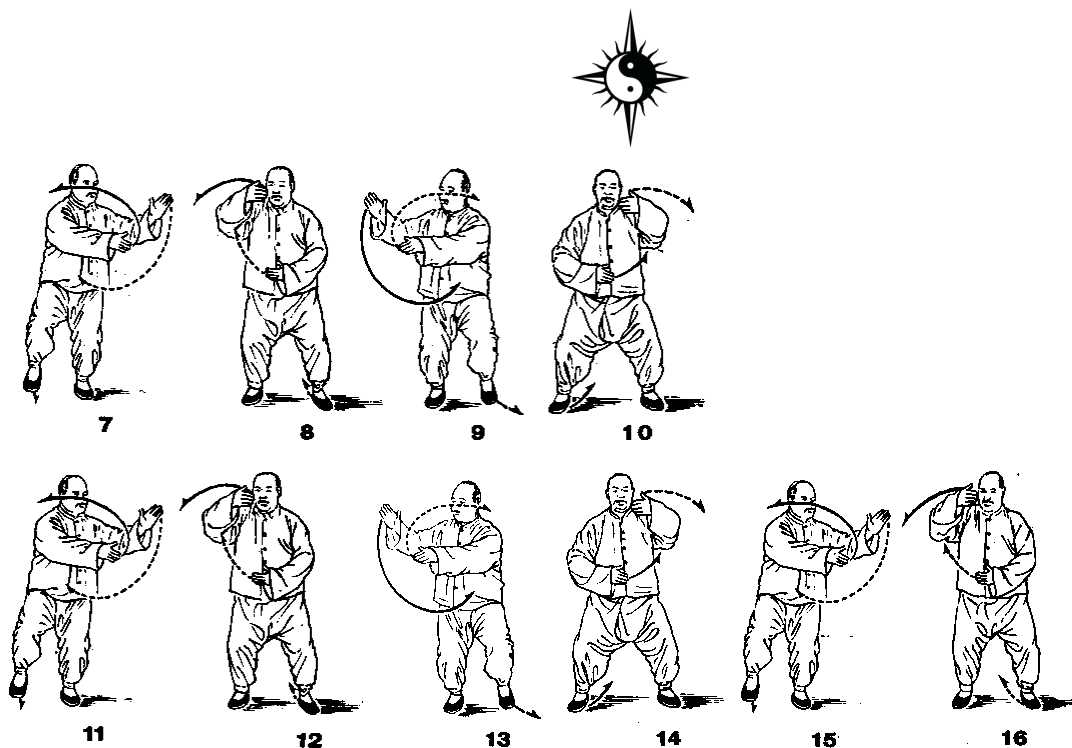
Shift back and turn to the left. Pivot on the right heel. Turn the right toes in. Hands wave to the left. Shift to the right as the right hand makes a bird's beak and lifts towards the right corner, look past the right wrist. Pick up the left foot and step. Shift the weight forward, on to the left foot and push with the left palm. (Facing West)



68 Wave Hands Like Clouds

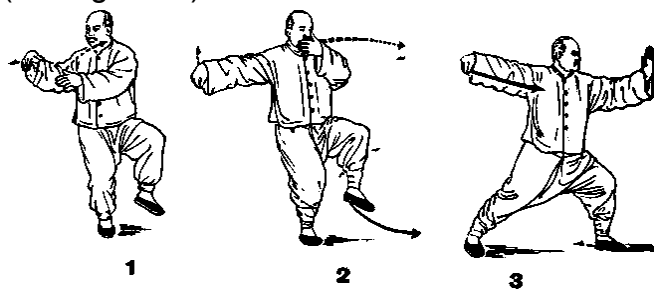
Shift the weight back as you turn the left toes to the N, raise the left hand and lower the right. Shift left and look to the NE. Shift all the weight onto the left foot as you look left raise the right hand and bring the right foot parallel to the left 1 foot distance between them. Shift to the right and wave the hands to the right. Turn the waist. As all of the weight shifts to the right, switch the hands and step out to the left with the left foot about 2 foot lengths from the right foot. Feet are parallel. Shift to the left, turn to the left. Repeat to the right. Repeat to the left. Repeat to the right. (Body faces North)





69 Single Whip

As the right hand is in front of the centerline, turn the right toes in and lift the right hand in a bird's beak to the NNE step to the west with the left foot and push with the left hand. (Facing West)



70 Pat the High Horse and Strike

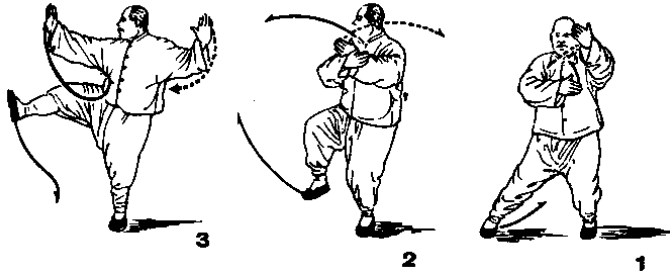
Adjust the right foot, turn the right palm up, and shift the weight back as you bring the left hand palm up in front of the Tan Tien, push the right hand palm down out in front of the neck. Step with the left foot and block down with the right hand while striking with the left finger tips palm up. (Facing West)



71 Turn and Kick



Shift the weight back turn the left toes to the NNE and protect the head with the left hand. Pull the right hand in palm down in front of the Tan Tien and pick up the right foot. Quickly kick the right foot to the East. (Facing East)



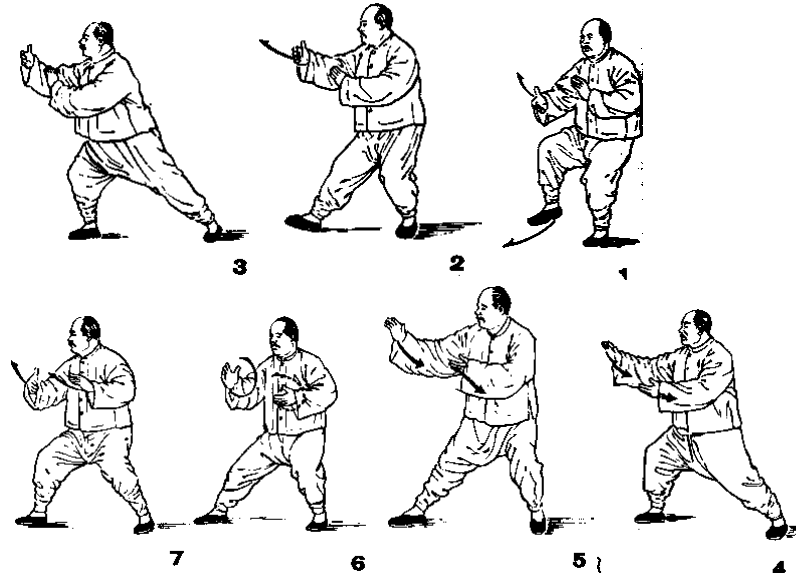
72 Twist Step, Block Down, Parry and Low Punch

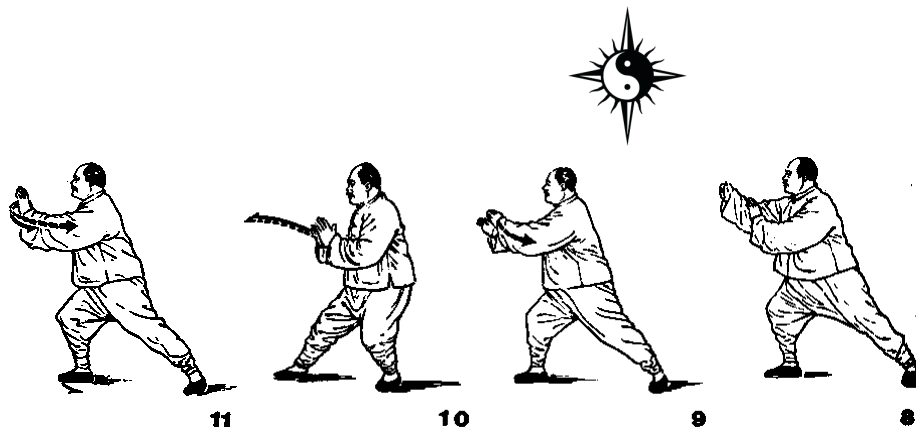
Twist step with the right foot. Block down with the right fist. Step forward with the left foot brush knee with the left hand. Shift the weight forward and punch toward the groin with the right fist. (Facing East)



73 Grasp the Bird's Tail with Step up

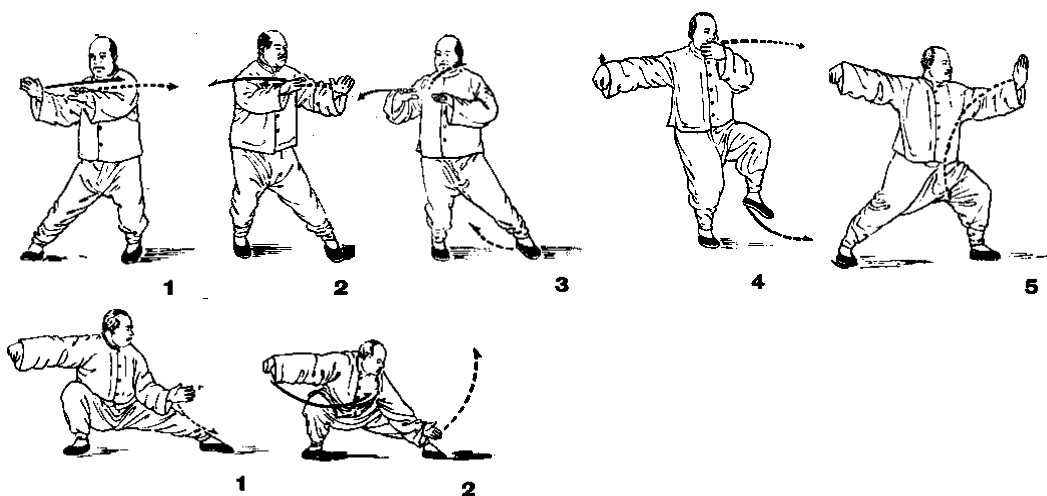
Turn out the left toes and hold a ball (left hand on top) step to the east with the right foot and push the ball forward. Turn the waist slightly to the right and follow step with the left foot. Rollback and circle the left hand, touch the right wrist and press as you step forward with the right foot. Separate the hands and sit back, lower the hands, shift forward and push. (Facing East)





74 Single Whip and Snake Creeps Down

Shift back and turn to the left. Pivot on the right heel. Turn the right toes to the NNW. Hands wave to the left the right hand makes a bird's beak and lifts towards the right corner, look past the right wrist. Pick up the left foot and step to the southwest with the heel. Shift the weight forward onto the left foot and push with the left palm. Adjust the rear foot and shift the weight back. Pull with the left hand and sink down to drop the right hand bird's beak to the ground. The left hand snakes along the floor shift the weight forward, turn out the left toes and turn in the right toes. (Facing West)



75 Seven Stars Punch

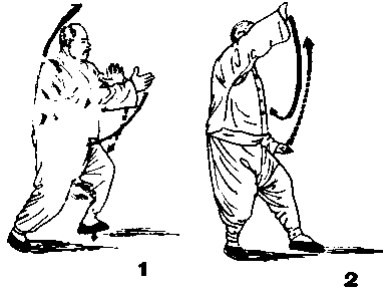
Left hand forms a fist in front of the chest palm down with the forearm parallel to the floor. Right foot steps up and as you touch the toes of the right foot in front of the left bring the right fist up in front of the left. Hands crossed at the wrists. Right forearm perpendicular to the ground. (Facing West)





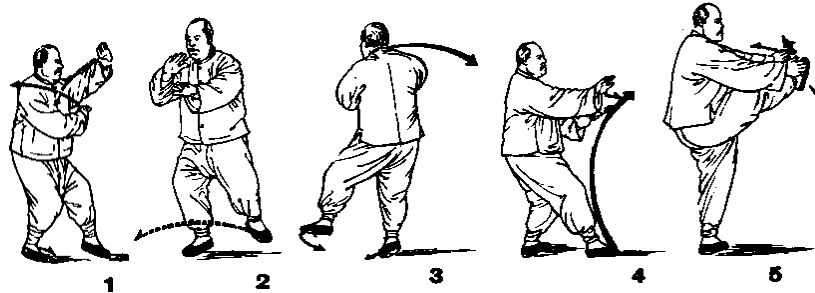
76 Retreat to ride the Tiger

Turn the waist slightly to the left and bring the right hand under the left elbow. Step back with the right foot and bring the left hand under the right elbow. Pick up the left foot and place the toes down in front of the right foot, as the hands part the curtains. (Facing West)



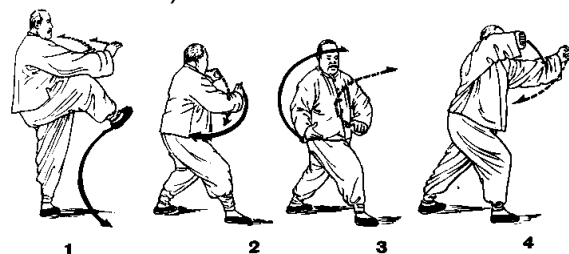
77 Turn and Lotus Kick

Circle the right hand down and the left hand up as you pick up the left foot and circle the body to the right. Put the left foot down pointing to the WSW and shift the weight to the left foot as the hands reach to the right, pick up the right foot to the left. Quickly slap the foot with both hands. (Body Turn clockwise, end facing West)



78 Bend the Bow to Shoot the Tiger

Step down with the right foot pointing to the NW and form two fist at chest level palms facing away. As you shift the weight to the right foot, left fist extends to the SW and the right fist circles up to protect the head. Turn the waist to the left. (Facing South West)



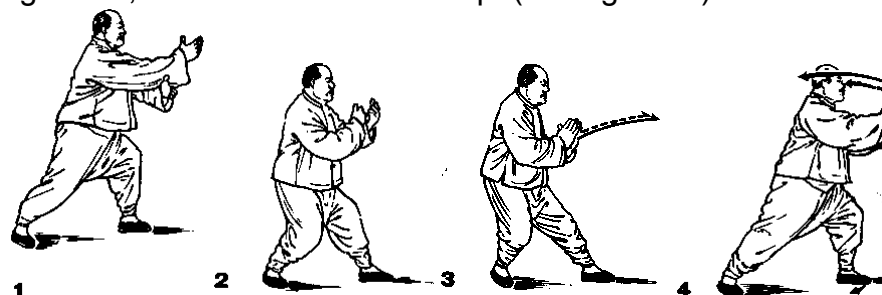
79 Twist Step, Block Down, Parry, and Punch

Pull the left heel in and punch to the SW with the right fist as you shift the weight to the left foot. Pick up the right foot and twist step with the toes to the NNW. Block down with the right fist. Step forward with the left foot and parry with the left hand. Shift the weight forward and punch with the right fist. (Facing West)



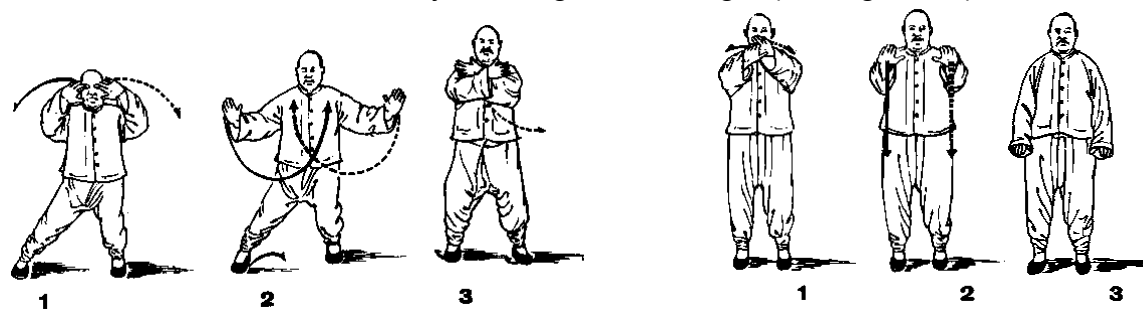
80 Withdraw arm and close up

Turn the waist to the left as the left hand circles under the right elbow. Withdraw the right arm, shift forward and seal up. (Facing West)



81 Cross Hands

Turn to the left toes to the North pivoting on the heel, and separate the hands. Shift the weight to the left foot and bring the right foot back parallel to the left, shoulder width apart. Bring the hands to Cross Hands position in front of the chest. Separate the hands and lower them as you straighten the legs. (Facing North)



End of Part 3

