



QUIET TIGER

TAI CHI

Yang Short Form

1. Beginning Tai Chi
2. Grasp Sparrows Tail
3. Single Whip
4. Raise Hands
5. White Crane Spreads Wings
6. Brush Knee and Push Right
7. Play Lute – Split
8. Brush Knee and Push Right
9. Deflect Down Step up Parry & Punch w/right Closed Hand
10. Withdraw and Push
11. Cross Hands
12. Embrace Tiger and Return to Mountain
13. Slanting Single Whip
14. Fist Under Elbow
15. Step Back Like Monkey Left
16. Step Back Like Monkey Right
17. Step Back Like Monkey Left
18. Slanting Flight
19. Cloudy Hands
20. Snake Creeps Down
21. Golden Cock Stands on Left Leg
22. Golden Cock Stands on Right Leg
23. Separate Right Foot – Right Toe Kick
24. Separate Left Foot – Left Toe Kick
25. Turn and Kick with Left Heel
26. Brush Knee & Push by Right Hand
27. Brush Knee & Push by Left Hand
28. Step Forward & Punch Down
29. Grasp Sparrow Tail (Variation)
30. Single Whip
31. Fair Maiden Works Shuttles
32. Grasp Sparrow Tail
33. Single Whip
34. Snake Creeps Down



QUIET TIGER

TAI CHI

35. Right Step Forward with Crossed Fist
36. Retreat and Ride Tiger
37. Turn and Sweep Lotus
38. Shoot Tiger with Left Fist
39. Deflect Down, Step up Parry and Punch
40. Withdraw & Push
41. Cross Hands
42. Ending Tai Chi