

Sudden Valley Tai Chi 48 Form

Section 1	Commencement	Transition to the left holding ball over left side
	1. White Crane Flashes Wings	Transition: Slide foot as right hand comes up to block sun
	2. Brush Knee with Twist Step	Step up, hold ball, Right bow stance, touching pulse point with three fingers gathering energy in the palm of the hand
	3. Single Whip	Set the beak, step into bow stance, adjust the back foot
	4. Strum the Lute	Transition, step left foot should width
	5. Wipe Off, Roll Back and Wrist Press g	Right, Left - small inner circle, Right
	6. Strike, Parry & Punch	Preset left foot, strike with left hollow fist, Parry- right hand and foot move up together, Punch. Transition- right hand runs down the bottom of left arm from wrist to elbow. Hold the ball at the 45
	7. Ward off, Grasp the Sparrows Tail	Palm Press, Roll back, toe up and push.
Section 2	8. Lean Obliquely	Pivot on left heel, gather with hollow fists, left hand on the outside, step into bow stance, glancing down at lower fist, release right fist, step parallel, right hand over left elbow
	9. Eagle Wings, Fist under Elbow	Release left fist, turn palm up, palms cross, spread wings stepping left foot out to the 45, step right foot parallel Thread left hand up making hollow fist with right hand under left elbow
	10. Drive the Monkey Back - 4	Glance over fingertips at the 45, palms cross without touching, toe pivot
	11. Diagonal Brush Knee - 4	Step behind, pivot on heel, brush knee to the 45, four corners
	12. Lift Hands	After last brush knee, small wipe off

		and gather into Lift Hands
	13. Brush Knee and Punch Downward	Transition: Preset, hold chi ball at the 45, right hand on bottom, touch pulse point, step out into bow stance flare hand out gathering energy, step left foot up (foot facing corner) right hand folds over front left fist comes down diagonal for groin punch, right hand is a brush knee
Section 3	14. White Snake Flashes Tongue	Transition: holding ball, float it as if on a rainbow, pivot on right heel, then pivot on left heel until it faces the corner, raising right heel up, bending knees only to the point of comfort, right hand slides over left palm down to elbow without touching. Standing up, step right foot out to the corner, palm slides over palm down to the elbow.
	15. Slap Kick to Subdue Tiger	Weight on left leg, both arms to the right glancing over the top of your hand, hold for a moment, step to the left with right foot
	16. Tiger Strike	Step into bow stance, hollow fists at upper and lower dan tien, right fist faces downward, left fist faces out
	Sit back, wipe off to the left diagonal, bow stance, left fist strike, pull taffy	Look over right finger tips, wrist flexed

	17. Step up, feet together, elbow rests on fist	
	18. Lower body with piercing fist	Thread Fist and Lower body, like a teeter totter, transition
	19. Stand on one leg to prop up palm	Left hand comes up closest to the body and turns palm up on top of the golden thread, Right hand palm down over raised left ankle, Step with left foot as right hand goes on top of the golden thread and left hand palm down over right ankle.
		Transition Step right foot back into a bow stance, wipe off coming around to touch pulse points, swirl hand palm up
	20. Single Whip	Set the beak and step into a bow stance adjust the back foot to the 45
Section 4	21. Wave Hands Like Clouds- right	On cloud 5 flare foot to the corner then step parallel, step out into a bow stance to the side wall.
	22. Part the Mustangs Mane- right then left	Transition: Step behind with right foot, pivot on left toe
	23. High Pat on Horse	Transition: step left, wipe off left palm downward, followed by right wipe off, downward as in a figure 8
	24. Right Heel Kick	Palms outward
	25. Ear Strike with Both Fists	As in 24, your own ear level
	26. Left Heel Kick	Transition: Hide right fist with left hand
	27. Strike with Hidden Fist	
	28. Needle at the bottom of the sea	
	29. Flash Arms Fan Hands	Gather wide, transition
Section 5	30. Turn, Kick with Right and Left Toes	Bring in the right foot after pivot on

		left heel Palms face inward as you toe kick
	31. Brush Knee, Right, Left	Condense the Chi Ball
	32. Step Forward to Punch	Punch over the fingertips, Left palm downward
	33. Apparent Close Up	
	34. Wave Hands like Clouds	To the Left, Wipe off, step back right and left
	35. Turn Right to Strike	Touching Pulse Point
	36. Work the Shuttles Left and Right	
	37. Step Back and Thread Palm	
Section 6	38. Turn, Press Down Palms on Empty Step	
	39. Stand on One Leg and Lift Palm	
	40. Push Forearm on Horse	
	41. Turn Body with Large Strokes	
	42. Snake Creeps Down	Pivot on left heel then on right heel
	43. Step Up to Seven Stars	Cross wrists at eye level
	43. Turn Body and Sweep Lotus	
	44. Draw Bow to Shoot Tiger	
	45.	

