

# Tai Chi 48 Form Summary

## Commencement

### Section 1

1. White Crane Flashes its Wings
2. Brush Knee and Twist Step
3. Single Whip
4. Strum the Lute
5. Roll Back and Press
6. Strike, Parry and Punch-left style
7. Ward Off, Stroke, Press, Push-left style

### Section 2

8. Lean Obliquely
9. Fist Under Elbow
10. Drive the Monkey Back
11. Turn and Push Palms
12. Lift Hands
13. Brush Knee and Punch Downward

### Section 3

14. White Snake Flashes its Tongue
15. Pat Foot to Subdue Tiger
16. Turn Left to Strike
17. Thread Fist and Lower Body
18. Stand on One Leg and Prop up Palm
19. Single Whip--Right style

### Section 4

20. Wave Hand Like Clouds--Right
21. Part the Mustang's Man--both sides
22. High Pat on Horse
23. Kick with Right Heel
24. Strike Ears with Both Fists
25. Kick with Left Heel
26. Strike with Hidden Fist
27. Needle at the Bottom of the Sea
28. Flash Arms

### Section 5

29. Turn, Kick with Right and Left Toes
30. Brush Knee with Twist Step (R, L)
31. Step Forward to Punch
32. Apparent Close-up
33. Wave Hands Like Clouds
34. Turn Right to Strike
35. Work at Shuttles--Left and Right
36. Step Back and Thread Palm

### Section 6

37. Turn, Press Down Palms on Empty Step
38. Stand on One Leg and Lift Palm
39. Push Forearm on Horse
40. Turn Body with Large Strokes
41. Scoop Palm, Lower Body (Snake Creeps Down)
43. Step Up to Seven Stars
44. Turn Body and Sweep Lotus
45. Draw Bow to Shoot Tiger
46. Strike, Parry and Punch
47. Ward Off, Stroke, Push and Press
48. Cross Hands

## Closing Form