



KHOR TAI CHI MOVEMENT SET

- 1 **PREPARATION**, separate feet
- 2 **COMMENCEMENT**, raise and lower arms
- 3 **HOLDING THE BALL**, on right
- 4 **GRASPING THE BIRD-S TAIL**, in left bow stance
- 5 **HOLDING THE BALL**, on left
- 6 **WARD OFF**, in right bow stance
- 7 **PULL BACK**, in right bow stance
- 8 **PRESS**, in right bow stance
- 9 **PUSH**, in right bow stance
- 10 **SINGLE WHIP**, in left bow stance
- 11*₁ **PLAY GUITAR**, left empty stance
- 12 **SHOULDER STROKE**, with right shoulder
- 13 **WHITE CRANE SPREADS IT-S WINGS**, in right empty stance
- 14 **BRUSHING KNEE**, in left bow stance
- 15 **PLAY GUITAR**, in right empty stance
- 16 **BLOCK BACK**, in right empty stance
- 17 **SLANT FLYING**, in left bow stance
- 18 **DOWNWARD DEFLECTION**, with right fist
- 19 **KICK AND THRUST**, with right heel
- 20 **PARRY**, with left hand
- 21 **PUNCH**, right fist in left bow stance
- 22 **CLOSE THE DOOR**, in left bow stance
- 23*₂ **CROSS HANDS**, central stance
- 24 **EMBRACE THE TIGER**, in right bow stance
- 25 **NEEDLE AT SEA BOTTOM**, in left empty stance
- 26 **FAN TO BACK**, in right bow stance
- 27 **SNAKE CREEPS DOWN**, left crouch stance
- 28 **SEVEN STAR PUNCH**, in right empty stance
- 29 **JADE LADY SHUTTLES TO FOUR CORNERS**,
- 30*₃ **PUNCH UNDER THE ELBOW**, in right empty stance
- 31 **REPULSE THE MONKEY**, three times
- 32 **TURN AND CHOP**, to right
- 33 **TURN AND STRIKE**, to right
- 34 **SLOT IN**, weight on right foot
- 35 **GROIN PUNCH**, right fist in left bow stance
- 36 **NEEDLE AT SEA BOTTOM**, right empty stance
- 37 **FAN TO BACK**, in left bow stance
- 38 **HIGH PAT THE HORSE 1**, in right empty stance
- 39 **HIGH PAT THE HORSE 2**, in left bow stance
- 40 **PARTING THE HORSES MANE**, in right bow stance
- 41 **TRANSITIONAL MOVEMENT**, in right empty stance
- 42*₄ **SEVEN STAR PUNCH**, in left empty stance

- 43 **CLOUD HANDS**, three times to left
 44 **SNAKE CREEPS DOWN**, in right crouch stance
 45 **GOLDEN COCK STANDS ON LEFT LEG**
 46 **GOLDEN COCK STANDS ON RIGHT LEG**
 47 **HIT TIGERS EARS**, in right empty stance
 48 **SEPARATE HANDS TO KICK**, left
 49 **RIDE THE TIGER**, weight back on right
 50 **PUNCH THE TIGER**, in left bow stance
 51 **WARD OFF**, in left bow stance
 52 **PULL BACK**, in left bow stance
 53 **PRESS**, in left bow stance
 54 **PUSH**, in left bow stance
 55 **SEPARATE HANDS TO KICK** right
 56 **RIDE THE TIGER**, weight back on left
 57 **PUNCH THE TIGER**, in right bow stance
 58 **LOTUS KICK**, with left foot
 59 **BEND THE BOW TO SHOOT THE TIGER**, right fist in left bow stance
 60 **HEEL KICK RIGHT**
 61 **HEEL KICK LEFT**
 62*₅ **HIT THE TIGERS EARS**, in left bow stance
 63 **SINGLE WHIP**, in right bow stance
 64 **HIGH PAT THE HORSE 1**, in left empty stance
 65 **HIGH PAT THE HORSE 2**, in right bow stance
 66 **JADE LADY SHUTTLES TO THE FOUR CORNERS**
 67 **PUNCH UNDER THE ELBOW**, left fist in right empty stance
 68 **REPULSE THE MONKEY**, step back three times
 69 **TURN AND CHOP**, on left side
 70 **TURN AND STRIKE**, on left side
 71 **SLOT IN**, left fist in right bow stance
 72 **GROIN PUNCH**, left fist in right bow stance
 73 **WHITE CRANE SPREADS IT-S WINGS**, in left empty stance
 74 **LOTUS KICK**, with right foot
 75 **BEND BOW TO SHOOT THE TIGER**, left fist in right bow stance
 76 **DOWNWARD DEFLECTION**, left fist
 77 **KICK AND THRUST**, left heel
 78 **PARRY**, with right hand
 79 **PUNCH**, left fist in right bow stance
 80 **CLOSE THE DOOR**, in right bow stance
 81 **CROSS HANDS**, central stance
 82*₆ **CLOSE**, feet together

* denotes end of level