

Khor Tai Chi Movement Set

Level 1

Preparation, separate feet
Commencement, raise and lower arms
Holding the Ball, on right
Grasping the bird's tail, in left bow stance
Holding the ball, on left
Ward off, in right bow stance
Pull back, in right bow stance
Press, in right bow stance
Push, in right bow stance
Single whip, in left bow stance
Play guitar, in left empty stance

Level 2

Shoulder stroke, with right shoulder
White crane spreads its wings, in right empty stance
Brushing knee, in left bow stance
Play guitar, in right empty stance
Block back, in right empty stance
Slant flying, in left bow stance
Forward deflection, with right fist
Kick and thrust, with right heel
Parry, with left hand
Punch, right fist in left bow stance
Close the door, in left bow stance
Cross hands, central stance

Level 3

Embrace the tiger, in right bow stance
Needle at sea bottom, in left empty stance
Fan to back, in right bow stance
Snake creeps down, left crouch stance
Seven star punch, in right empty stance
Jade lady shuttles to four corners
Punch under the elbow, in right empty stance

Level 4

Repulse the monkey, three times
Turn and chop, to right
Turn and strike, to right
Slot in, weight on right foot
Groin Punch, right fist in left bow stance
Needle at sea bottom, right empty stance
Fan to back, in left bow stance
High pat the horse 1, in right empty stance
High pat the horse 2, in left bow stance
Parting the horse's mane, in right bow stance
Transitional movement, in right empty stance

Seven star punch, in left empty stance

Level 5

Cloud hands, three times to left
Snake creeps down, in right crouch stance
Golden cock stands on left leg
Golden cock stands on right leg
Hit tiger's ears, in right empty stance
Separate hands to kick, left
Ride the tiger, weight back on right
Punch the tiger, in left bow stance
Ward off, in left bow stance
Pull back, in left bow stance
Press, in left bow stance
Push, in left bow stance
Separate hands to kick, right
Ride the tiger, weight back on left
Punch the tiger, in right bow stance
Lotus kick, with left foot
Bend the bow to shoot the tiger, right fist in left bow stance

Heel kick right

Heel kick left

Hit the tiger's ears, in left bow stance

Level 6

Single whip, in right bow stance
High pat the horse 1, in left empty stance
High pat the horse 2, in right bow stance
Jade lady shuttles to the four corners
Punch under the elbow, left fist in right empty stance
Repulse the monkey, step back three times
Turn and chop, on left side
Turn and strike, on left side
Slot in, left fist in right bow stance
White crane spreads its wings, in left empty stance
Lotus kick, with right foot
Bend bow to shoot the tiger, left fist in right bow stance
Downward deflection, left fist
Kick and thrust, left heel
Parry, with right hand
Punch, left fist in right bow stance
Close the door, in right bow stance
Cross hands, central stance
Close, feet together