

The 108 Moves of the Tai Chi Set

1. Commencement of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Brush Knee (left)
8. Strum the Pei Pa
9. Brush Knee and Twist Step (left)
10. Brush Knee and Twist Step (right)
11. Brush Knee (left)
12. Strum the Pei Pa
13. Brush Knee and Twist Step (left)
14. Chop with Fist
15. Step Up, Deflect, Parry, Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Single Whip
20. Fist Under Elbow
21. Go Back to Ward Off Monkey (right)
22. Go Back to Ward Off Monkey (left)
23. Go Back to Ward Off Monkey (right)
24. Flying at a Slant
25. Step Up and Raise Hands
26. White Stork Spreads Wings
27. Brush Knee (left)
28. Push Needle to Sea Bottom
29. Fan Penetrates through the Back
30. Turn and Chop with Fist
31. Step Up, Deflect, Parry, Punch
32. Step Up to Grasp Bird's Tail
33. Single Whip
34. Wave Hands Like Clouds (five times)
35. Single Whip
36. Reach Up to Pat Horse
37. Separate Foot to Right
38. Separate Foot to Left
39. Turn and Kick
40. Brush Knee and Twist Step (left)
41. Brush Knee and Twist Step (right)
42. Step Up and Punch
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry, Punch
45. Right Foot Kick
46. Strike Tiger at Left
47. Strike Tiger at Right
48. Right Foot Kick
49. Strike Ears with Fists
50. Left Foot Kick
51. Turn and Kick
52. Chop with Fist
53. Step Up, Deflect, Parry, Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Horizontal Single Whip
58. Parting Wild Horse's Mane (right)
59. Parting Wild Horse's Mane (left)
60. Parting Wild Horse's Mane (right)
61. Parting Wild Horse's Mane (left)
62. Parting Wild Horse's Mane (right)
63. Left Grasp Bird's Tail
64. Step Up to Grasp Bird's Tail
65. Single Whip
66. Fair Lady Works Shuttles (left)
67. Fair Lady Works Shuttles (right)
68. Fair Lady Works Shuttles (left)
69. Fair Lady Works Shuttles (right)
70. Left Grasp Bird's Tail
71. Step Up to Grasp Bird's Tail
72. Single Whip
73. Wave Hands Like Clouds (seven times)
74. Single Whip
75. Creeping Low Like a Snake
76. Golden Cock Stands on One Leg (left)
77. Golden Cock Stands on One Leg (right)
78. Go Back to Ward Off Monkey (right)
79. Go Back to Ward Off Monkey (left)
80. Flying at a Slant
81. Step Up and Raise Hands
82. White Stork Spreads Wings
83. Brush Knee (left)
84. Push Needle to Sea Bottom
85. Fan Penetrates through the Back
86. White Snake Turns and Puts Out Tongue
87. Step Up, Deflect, Parry, Punch
88. Step Up to Grasp Bird's Tail
89. Single Whip
90. Wave Hands Like Clouds (three times)
91. Single Whip
92. Reach Up to Pat Horse
93. Cross Hands to Penetrate
94. Turn and Kick
95. Chop with Fist
96. Brush Knee and Punch
97. Step Up to Grasp Bird's Tail
98. Single Whip
99. Creeping Low Like a Snake
100. Step Up to Seven Stars
101. Retreat to Ride Tiger
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop with Fist
105. Step Up, Deflect, Parry, Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi