

Wu Style Tai Chi 108 Slow Form

By Tai Chi Health for Life – Your Tai Chi and Meditation Guide

www.taichihealthforlife.com.au

Level One

1. Preparation Posture
2. Beginning Tai Chi
3. Hands Play Guitar
4. Grasping Birds Tail
5. Single Whip
6. Watch Low Hand
7. Raise Hand, Step Up
8. White Crane Cools Wing
9. Brush Knee Step x 4
10. Hands Play Guitar
11. Side Loops
12. Block & Punch
13. Withdraw & Push
14. Crossing Hands
15. Diagonal Brush Knee
16. Turn Body Brush Knee
17. Grasping Bird's Tail
18. Diagonal Single Whip
19. Fist Under Elbow
20. Repulse Monkey x 3
21. Slanting Flying Posture
22. Raise Hand, Step Up
23. White Crane Cools Wing
24. Brush Knee
25. Needle in Deep Sea
26. Open the Fan
27. Turn Body Hammer
28. Block & Punch
29. Grasping Bird's Tail
30. Single Whip
31. Cloud Hands x 3
32. Single Whip

Level Two

33. Right High Pat Horse
34. Right Open Kick
35. Left High Pat Horse

36. Left Open Kick
37. Left Heel Kick
38. Brush Knee x 2
39. Planting Punch
40. Turn Body Hammer
41. Right High Pat Horse
42. Right Open Kick
43. Strike to Throat
44. Fighting Tiger Posture
45. Parting Leg
46. Strike to Ears
47. Left Toe Kick
48. Turn Right Heel Kick
49. High Pat Horse
50. Side Loops
51. Block & Punch
52. Withdraw & Push
53. Crossing Hands
54. Diagonal Brush Knee
55. Turn Body Brush Knee
56. Grasping Bird's Tail
57. Diagonal Single Whip

Level Three

58. Hands Play Guitar
59. Part Wild Horses Mane 1
60. Part Wild Horses Mane 2
61. Part Wild Horses Mane 3
62. Forward Parting Hands
63. Jade Lady Weaving 1
64. Jade Lady Weaving 2
65. Forward Parting Hands
66. Jade Lady Weaving 3
67. Jade Lady Weaving 4
68. Grasping Bird's Tail
69. Single Whip
70. Cloud Hands x 3
71. Single Whip

72. Lower Posture
73. Right Golden Cock
74. Left Golden Cock
75. Repulse Monkey x 3
76. Slanting Flying Posture
77. Raising Hand, Step Up
78. White Crane
79. Brush Knee
80. Needle in Deep Sea
81. Open the Fan
82. Turn Body Hammer
83. Side Loops
84. Block & Punch
85. Grasping Bird's Tail
86. Single Whip
87. Cloud Hands x 3
88. Single Whip
89. High Pat Horse
90. Palm Strike Face
91. Single Lotus Kick
92. Brush Knee
93. Lower Punch
94. Grasping Bird's Tail
95. Single Whip
96. Lower Posture
97. Seven Star Posture
98. Ride the Tiger
99. Palm Strike Face
100. Double Lotus Kick
101. Bend Bow, Shoot Tiger
102. High Pat Horse
103. Palm Strike Face
104. Turn Body Hammer
105. High Pat Horse
106. Grasping Bird's Tail
107. Single Whip
108. Closing Tai Chi