

Traditional Wu Style Tai Chi Form Progression

One posture in a form is taught and studied at a time. Progression through forms is made by demonstrating the below 3 criteria and through a visual grading.

1. Demonstration of posture plus previous movements.
2. Understanding of correct expression of posture.
3. Ability to teach others what has already been learned.

When these have been demonstrated the next movement will be taught for study, in this way you will learn to perform tai chi properly and at your own progression.

Wu Style Tai Chi Form Progression Levels

Level 1:

Wu Tai Chi 108 Slow Form.

Level 2:

Wu Tai Chi 30 Slow Form (competition).

Wu Tai Chi 42 Double Sided Slow Form.

Wu Tai Chi 108 Mirror Slow Form.

Wu Tai Chi 108 Fast Form.

Wu Tai Chi First Row Sword Form – jian.

Qi Gong 18 Health Form.

Seated Stillness Meditation Method.

Level 3: (Choose and Demonstrate at least 3 level 2)

Wu Tai Chi Second Row Sword Form (requires 1st row).

Wu Tai Chi 24 Spear Form.

Wu Tai Chi 13 Spear Form.

Step Back Qi Gong Method x 6.

Open / Close Qi Gong Method.

Seated Qi Gong Method.

Tai Chi Health for Life

Traditional Wu Style Tai Chi



Form Progression Booklet

for

108 Tai Chi Slow Form

Website:

www.taichihealthforlife.com.au

- 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 x 4
- 10. Hands Play Guitar
- 11. Hands Loop to Side
- 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
- 33. Right High Pat Horse
- 34. Right Open Kick
- 35. Left High Pat Horse
- 36. Left Open Kick
- 37. Turn: 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. Hands Loop to Side
- 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
- 58. Hands Play Guitar
- 59. Part Horses Mane 1
- 60. Part Horses Mane 2
- 61. Part 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 Cools Wing
- 79. Brush Knee
- 80. Needle in Deep Sea
- 81. Open the Fan
- 82. Turn Body Hammer
- 83. Hands Loop to Side
- 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 to 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. Step Back, Ride the Tiger
- 99. Palm Strike to Face
- 100. Double Lotus Kick
- 101. Bend Bow, Shoot Tiger
- 102. High Pat Horse
- 103. Palm Strike Face
- 104. Turn Body Hammer
- 105. Circle Palms
- 106. Grasping Bird's Tail
- 107. Single Whip
- 108. Closing Tai Chi