

Names of Tai Chi Postures

1. Beginning Tai Chi, Raise Arms
2. Grasp Bird's Tail, Ward Off, Roll Back, Press, and Push
3. Single Whip
4. Lift Hands
5. Shoulder Strike, Right
6. White Crane Spreads Wings
7. Brush Knee and Twist Step, Left
8. Hand Strums The Lute
9. Brush Knee and Twist Step, Left.
10. Deflect Down, Back Fist Punch, Cut, and Punch
11. Parting The Wild Horse's Mane, Right, Left, Right
12. Grasp Bird's Tail, Ward Off, Roll Back, Press, and Push
13. Single Whip
14. Wave Hands In Clouds
15. Single Whip (Downward Single Whip)
16. Golden Cock Stands On One Leg, Left and Right
17. Separate Right and Left Feet
18. Pivot Body, Kick With Heel
19. Brush Knee and Twist Step, Left and Right
20. Brush Knee and Punch Ground
21. Turn Body and Strike Fist Back (White Snake Puts Out Tongue)
22. Stretching Kick, Right (Separate Right Foot)
23. Hit Tiger, Right
24. Turn, Hit Tiger, Left
25. Turn, Open Up, Heel Kick
26. Forward, Pull Down and Bend Backwards (Chest Strike Forward)
27. Strike Ears With Fists (Box Ears)
28. Stretching Kick, Left (High Kick Left)
29. Turn Body With Stretching Kick, Right (High Kick Right)
30. Deflect Down, Back Fist Punch, Cut, and Punch
31. Pull Back, Wipe Off Punch, Push, and Turn
32. Cross Hands

33. Carry Tiger Back To Mountain (Tiger Descends From Mountain)
34. Roll Back, Press, and Push
35. Diagonal Single Whip
36. Fist Under Elbow (Punch Under Elbow)
37. Step Back (Monkey Retreats)
38. Flying Diagonal
39. Lift Hands
40. Elbow Strike, Right
41. Brush Knee and Twist Step, Left
42. Needle To The Bottom Of Sea
43. Fan Through The Back
44. Turn Body, Back Fist Punch, Block, and Punch To Heart
45. Forward Fair Lady Works At Shuttles
46. Grasp Bird's Tail, Ward Off, Roll Back, Press, and Push
47. Single Whip
48. Palm Strike To Forehead
49. Jab Clouds
50. Turn Body, Jab, and Kick
51. Forward Groin Punch
52. Elbow Strike
53. Back Fist Punch
54. Squatting Side Punch
55. Double Hand Push
56. Pull Down and Break Arm
57. Cross Block
58. Step Back, Block, and Slap
59. Turn Body and Kick Lotus With Right Foot (Lotus Sweeping Kick)
60. Bend Bow Shoot Tiger
61. Deflect Down, Back Fist Punch, Cut, and Punch
62. Pull Back, Wipe Off Punch, Push, and Turn
63. Cross Hands
64. Conclusion