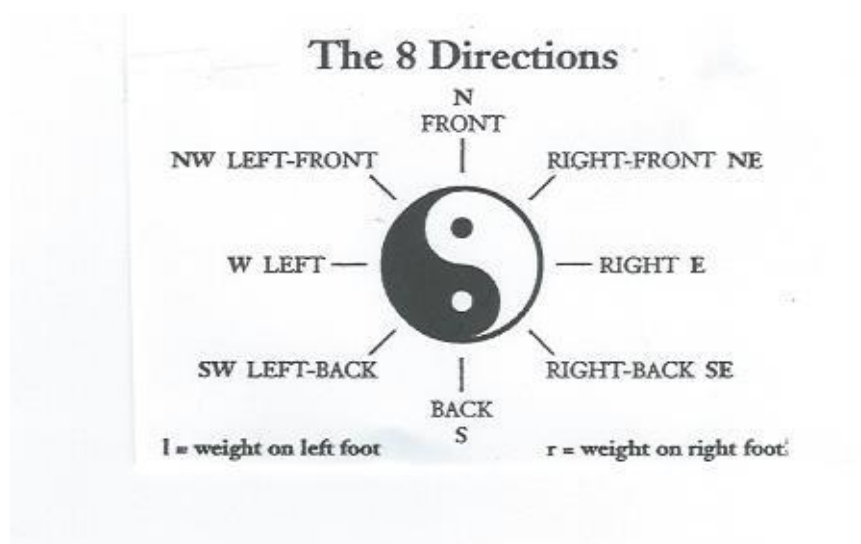


Wu Style T'ai Chi Sequence List

(with Original Numbering - 97 Movements)



1. The Introduction of T'ai Chi Ch'uan (facing Front)
2. Reaching Palms of T'ai Chi Ch'uan
3. Embracing the Tail of the Jumping Sparrow
4. One Changing Stroke
5. Lifting Right Palm Upward
6. Stretching the Wings of the White Mountain Bird (r, pivot to face Left, l, r)
7. Around the Knee and Balance Step (l, r, l facing Left)
8. Raise the Oscillating Pi-Pa
9. Left Step Forward and Strike
10. Imaginatively Closing
11. Leopard and Tiger Push the Mountain
12. Reaching Palms and Shape an X (return to Front)
13. Diagonal Around the Knee and Balance Step (to Left-Front and Right-Back)
14. Diagonal Embracing the Tail of the Jumping Sparrow
15. Diagonal One Changing Stroke
16. Cautious Stroke under the Elbow (return to Front)
17. Trapping Tricky Monkey (3 steps backward, l, r, l)
18. Diagonal Flying Bird (Left-Back to Right-Front)
19. Lifting Right Palm Upward (facing Front)
20. Stretching the Wings of the White Mountain Bird (r, pivot to face Left, l, r)
21. Left Around the Knee and Balance Step (to Left and turning to face Front)
22. Pierce the Bottom of the Sea (facing Front)
23. Strengthen Back Torso and Lead through the Mountain
24. Close Both Hands and Circle the Right Arm (turning to Right)
25. Hesitation Step and Left Step Forward and Strike (facing Right)
26. Embracing the Tail of the Jumping Sparrow (first pivot on l to face Front)
27. One Changing Stroke
28. Transitions of Limbs (3 times to Left)

29. One Changing Stroke
30. Ascertaining the Horse (to Left-Front)
31. Windmill (pivoting on l to face right)
32. Raise Right Leg and Stretch (to Back)
33. Ascertaining the Horse
34. Windmill
35. Raise Left Leg and Stretch (to Right—the practitioner's left)
36. Pivot, Raise Left Leg and Stretch (to Left)
37. Left Around the Knee and Balance Step (facing Left)
38. Left Step in Place and Plant
39. Circle the Right Arm with the Left under the Elbow (pivoting to face Right)
40. Ascertaining the Horse (to Right-Front)
41. Windmill
42. Raise Right Leg and Stretch
43. Backing in Two Steps (r, l) and Striking the Tiger
44. Raise Right Leg and Stretch (to Back)
45. Swift Blow into Both Ears
46. Double Raise the Legs (left leg to Right and right leg to Left-Front)
47. Ascertaining the Horse (to Left-Front)
48. Left Step Forward and Strike (to Left)
49. Imaginatively Closing
50. Leopard and Tiger Push the Mountain
51. Reaching Palms and Shape an X (return to Front)
52. Diagonal Around the Knee and Balance Step (to Left-Front and Right-Back)
53. Diagonal Embracing the Tail of the Jumping Sparrow
54. Diagonal One Changing Stroke
55. Dashing Wild Horse Blowing the Mane (r, l, r to Front)
56. Gracious Lady's Golden Hands (to Left-Front and Right-Back)
57. Dashing Wild Horse Blowing the Mane (r, l, r to Front)
58. Gracious Lady's Golden Hands (to Left-Back and Right-Front)
59. Embracing the Tail of the Jumping Sparrow (facing Front)
60. One Changing Stroke
61. Transitions of Limbs (3 times to Left)
62. One Changing Stroke
63. Snaking Down (to r)
64. Golden Cock on One Leg (l, r)
65. Trapping Tricky Monkey (3 steps backward—l, r, l)
66. Diagonal Flying Bird (Left-Back to Right-Front)
67. Lifting Right Palm Upward (facing Front)
68. Stretching the Wings of the White Mountain Bird (r, pivot to face Left, l, r)
69. Left Around the Knee and Balance Step (to Left and turning to face Front)
70. Pierce the Bottom of the Sea (facing Front)
71. Strengthen Back Torso and Lead through the Mountain
72. Close Both Hands and Circle the Right Arm (turning to Right)
73. Hesitation Step and Left Step Forward and Strike
74. Embracing the Tail of the Jumping Sparrow (pivot on l to face Front)
75. One Changing Stroke
76. Transitions of Limbs (3 times to Left)

77. One Changing Stroke
78. Ascertaining the Horse (to Left-Front)
79. Windmill (pivoting on l to face Right)
80. Shape an X and Tap the Right Lotus Toe
81. Right Around the Knee (to Right-Back) and Left Step Forward and Plant (to Right)
82. Embracing the Tail of the Jumping Sparrow (pivot on l to face Front)
83. One Changing Stroke
84. Transitions of Limbs (3 times to Left)
85. One Changing Stroke
86. Snaking Down (to r)
87. Forward Seven Stars (wt. on l and r heel forward)
88. Backward Straddle a Tiger (step back r)
89. Inverse Turn (finish facing Right) and Double Tap the Right Lotus Toe
90. Bend the Bow and Shoot the Tiger (to Right-Back)
91. Ascertaining the Horse (to Left-Front)
92. Windmill (pivoting on l to face Right)
93. Circle the Right Arm with the Left under the Elbow
94. Ascertaining the Horse (to Right-Front)
95. Embracing the Tail of the Jumping Sparrow (pivot on l to face Front)
96. One Changing Stroke
97. Conclusion