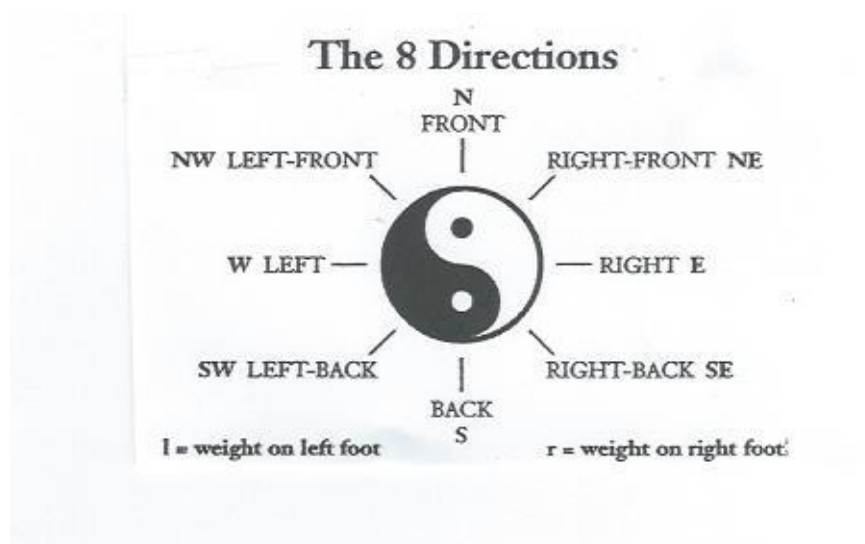


Wu Style T'ai Chi Sequence List

(with Revised Numbering - 104 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
26. Left Step Forward and Strike
27. Embracing the Tail of the Jumping Sparrow (first pivot on l to face Front)
28. One Changing Stroke

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

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