



TAI CHI Jian - Movement names

1. Beginning Form
2. Face the Sun
3. Immortal Pointing the Way
4. Green Dragon Flies Out of Water
5. Protecting the Knee Sword
6. Closing the Gate
7. Green Dragon Flies out of Water
8. Turn Body and Chop With Sword
9. Green Dragon Turns Its Body
10. Diagonal Flying
11. Open Wings and Bow Head
12. Beat Grass to find a Snake
13. Golden Rooster Stands on One Leg
14. Immortal Pointing the Way
15. Covers and Pull Back
16. Twisted Roots of Ancient Tree
17. Hungry Tiger Pounces on Prey
18. Green Dragon Swings Its Tail
19. Backward Arm Circling
20. Wild Horse Leaping Ravine
21. White Snake Spits Out
22. Black Dragon Swings Tail
23. ZhongKui Holds the Sword
24. LuoHan Subduing Dragon
25. Black Bear Turns Backward
26. Swallow Pecks the Mud
27. White Snake Spits Out
28. Diagonal Flying
29. Hawk and Bear Compete with Intelligence
30. Swallow Pecks the Mud
31. Pluck Star and Return It
32. Scoop Moon From Under Sea

33. Immortal Pointing the Way
34. Phoenix Dips Its Head
35. Swallow Pecks the Mud
36. White Snake Spits Out
37. Diagonal Flying
38. Push Away (left)
39. Push Away (right)
40. Swallow Pecks the Mud
41. White Ape Offering Fruit
42. Falling Flowers
43. Thrusting Upward Then Downward
44. Diagonal Flying
45. Yesha Searching the Sea
46. Boa Turns Itself Around
47. WeiTuo Presents a Pestle
48. Millstone Turning Sword

