

Taichi 48 Form Terms

Commencing Form

Section One

1. White Crane Spreads its Wings
2. Brush Knee & Strike-Left
3. Single Whip-Left
4. Strum the Lute-Left
5. Stroke & Push
6. Deflect, Parry, Punch-Left
7. Grasp the Bird's Tail

Section Two

8. Lean Obliquely
9. Punch under Elbow
10. Repulse the Monkey
11. Brush Knee Strike with half step (four corners)
12. Strum the Lute-Right
13. Brush Knee Downward Punch

Section Three

14. White Snake Puts out its Tongue
15. Pat Foot Subdue the Tiger
16. Turn Left Strike
17. Thread Fist into Drop Stance (Snake Creeps Down)
18. Golden Rooster (both sides)
19. Single Whip-Right

Section Four

20. Wave Hands Like Clouds-Right
21. Part the Wild Horse's Mane (both sides)
22. High Pat on the Horse
23. Kick with Right Heel

24. Strike Opponent's Ears
25. Kick with Left Heel
26. Strike with Hidden Fist
27. Needle at the Sea Bottom

Section Five

28. Flash Arms
29. Kick with pointed toe (both sides)
30. Brush Knee Strike (both sides)
31. Step Forward to Strike
32. Apparent Close-Up
33. Wave Hands Like Clouds-Left
34. Turn to the Right to Strike
35. Fair Lady Works at Shuttles-Left & Right
36. Step Back and Thread Palm

Section Six

37. Press Down Palm in Empty Stance
38. Knee Lift Palm-Right
39. Half Horse Stance
40. Turn Body with Big Strokes
41. Swing Palm in Drop Stance
42. Step Forward to Cross Fists
43. Stand on one Leg to Mount the Tiger
44. Turn Body and Swing Foot
45. Draw Bow to Shoot the Tiger
46. Deflect, Parry, Punch-Right
47. Grasp the Bird's Tail-Right
48. Cross Hands

Closing Form