



## Master Moy's Tai Chi – 108 Movements of the Tai Chi Set

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1. Commencement
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Step Up and Raise Hands
6. Stork Spreads Wings
7. Left Brush Knee
8. Play the Pei Pa
9. Left Brush Knee and Twist Step
10. Right Brush Knee and Twist Step
11. Left Brush Knee
12. Play the Pei Pa
13. Left Brush Knee and Twist Step
14. Chop with Fist
15. Step Up, Deflect, Parry and Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Single Whip
20. Fist Under Elbow
21. Step Back and Repulse Monkey right
22. Step Back and Repulse Monkey left
23. Step Back and Repulse Monkey right
24. Slanting Flying
25. Step Up and Raise Hands
26. Stork Spreads Wings
27. Left Brush Knee
28. Needle at Sea Bottom
29. Fan Penetrates Through the Back
30. Turn and Chop with Fist
31. Step Up, Deflect, Parry and Punch
32. Grasp Bird's Tail
33. Single Whip
34. Wave Hands Like Clouds
35. Single Whip
36. High Pat on Horse
37. Separation of Right Foot
38. Separation of Left Foot
39. Turn and Left Foot Kick
40. Left Brush Knee and Twist Step
41. Right Brush Knee and Twist Step
42. Step Up and Punch
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry and Punch
45. Right Foot Kick
46. Strike Tiger left
47. Strike Tiger right
48. Right Foot Kick
49. Strike Ears with Fists
50. Left Foot Kick
51. Turn and Right Foot Kick
52. Chop with Fist
53. Step Up, Deflect, Parry and Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Horizontal Single Whip
58. Parting Wild Horse's Mane right
59. Parting Wild Horse's Mane left
60. Parting Wild Horse's Mane right
61. Parting Wild Horse's Mane left
62. Parting Wild Horse's Mane right
63. Left Grasp Bird's Tail
64. Grasp Bird's Tail
65. Single Whip
66. Fair Lady Works at Shuttles left
67. Fair Lady Works at Shuttles right
68. Fair Lady Works at Shuttles left
69. Fair Lady Works at Shuttles right
70. Left Grasp Bird's Tail
71. Grasp Bird's Tail
72. Single Whip
73. Wave Hands like Clouds
74. Single Whip
75. Creep Low Like a Snake
76. Golden Cock Stands on One Leg right
77. Golden Cock Stands on One Leg left
78. Step Back and Repulse Monkey right
79. Step Back and Repulse Monkey left
80. Step Back and Repulse Monkey right
81. Slanting Flying
82. Step Up and Raise Hands
83. Stork Spreads Wings
84. Left Brush Knee
85. Needle at Sea Bottom
86. Fan Penetrates Through the Back
87. Turn and White Snake Puts Out Tongue
88. Step Up, Deflect, Parry and Punch
89. Grasp Bird's Tail
90. Single Whip
91. Wave Hands like Clouds
92. Single Whip
93. High Pat on Horse
94. Cross Hands to Penetrate
95. Turn and Kick
96. Chop with Fist
97. Brush Knee
98. Grasp Bird's Tail
99. Single Whip
100. Creep Low Like a Snake
101. Step up to Form Seven Stars
102. Retreat to Ride Tiger
103. Turn and Sweep Lotus
104. Shoot Tiger with Bow
105. Chop with Fist
106. Step Up, Deflect, Parry and Punch
107. Appear to Close Entrance
108. Cross Hands and Conclusion