



1. Commencement
2. (Change Hands)
 - Push to the right
 - Step Up to form Seven Stars
 - Retreat to Ride Tiger
 - Block to the left
 - Step Up to Change Hands
3. Evade, Extend & Intercept, Lunge
4. Letter U, Upward Cut & Penetrate with the Hands
5. Beauty Runs to the Moon (Withdraw Sabre)
 - Cut Left, Right, Left, Right
 - Contract, Expand
6. Left & Right Push Sabre
 - Left, Right, Left, Right
7. Fair Lady throws Shuttles
 - Contract, Expand
 - Roll Sabre, Chop
 - Roll Sabre, Throw Shuttles
8. Hide Sabre & Push
9. Fair Lady throws Shuttles (left)
10. Hide Sabre & Push
11. Raise Leg & Pierce
12. Hide Sabre
13. Move Left & Pierce Upwards
14. Hide Sabre & Push
15. Lower Body to Tame Tiger
 - Change Hands
 - Kick with Right Sole
 - Commencement of Hit Tiger
 - Hit Tiger at Left
 - Hit Tiger at Right
 - Turn to Change Hands
16. Kick, Change Hands & Take Whip as Oar
17. Raise Leg & Pierce
18. Hide Sabre, Turn & Push
19. Slash left, Contract, Expand, and Turn to Pierce
20. Left & Right Upward Cut
 - Left, Right, Left, Right
21. "Jump & Hide Sabre"
22. Turn Around (Spiral Up & Down), Intercept & Cut
23. Shift Steps & Chop, Shift Steps & Throw Shuttles
24. Evade
25. Step Up to Change Hands
26. Retreat to Form Seven Stars
27. Return to Origin

The Tai Chi Sabre Set is another gift from Master Moy and its origins are believed to go back to Chang Sang Feng. Composed of 27 moves, this set brings the benefit of working the physiology at the skeleton-muscular level. Spirals, one-legged dan yus and overhead circular motions are predominant features helping the stretching and the relaxation of the shoulders and of the upper back. Practiced diligently, this set favours the opening of the upper gate.