

Hu Ling T'ai Chi Gung

<i>The Move</i>	<i>The Poem</i>
Preparatory Move	
Waving Hands Like Clouds	<i>From Clouds She Weaves Heaven and Earth</i>
Fair Lady Works the Shuttles	
White Crane Spreads Its Wings	
Hiding Tiger Reveals Itself	<i>The Tiger Brings the Horse To its Knees</i>
Wild Horse Parts Its Mane	
Brush Knee	
Double Winds Pierce the Ears	<i>Before Double Mountains We Cross, Then Push on to the End</i>
Cross Hands	
Push	