

Tai Chi Chuan (Slow Set)

First Set:

#	Name
1.	Prep Move.
2.	Beginning Move.
3.	Ward Off Left.
4.	Ward Off Right
5.	Roll Back
6.	Press
7.	Push
8.	Single Whip
9.	Close Hands
10.	Catch the Moon at the Bottom of the Sea
11.	White Crane Spreads Wings
12.	Brush Knee Left
13.	Play Pipa
14.	Brush Knee Left
15.	Brush Knee Right
16.	Brush Knee Left
17.	Play Pipa
18.	Brush Knee Left
19.	Deflect, Parry, Step Forward, Punch
20.	Close and Seal
21.	Turn and Cross Hand

Tai Chi Chuan (Slow Set)

Second Set:

#	Name	#	Name
1.	Embrace Tiger, Return to Mountain	23.	High Pat on Horse
2.	Grasp Peacock's Tail, Fragment	24.	Separate Toe, Right
3.	Diagonal Single Whip	25.	Separate Toe, Left
4.	Fist Under Elbow	26.	Turn & Cross Hands Heel Kick, Left
5.	Repulse Monkey, Right	27.	Brush Knee Left
6.	Repulse Monkey, Left	28.	Brush Knee Right
7.	Repulse Monkey, Right	29.	Punch to Left Knee
8.	Slant (Diagonal) Flying	30.	Turn with Strike to Fist Near Waist Chop, Parry, and Finger Strike
9.	Close Hands	31.	Deflect, Parry, Step Forward, Punch
10.	Catch the Moon at the Bottom of the Sea	32.	Block Left, Cross Hands, Heel Kick, Right
11.	White Crane Spreads its Wings	33.	Hiding Tiger Reveals Himself, Left
12.	Brush Knee	34.	Hiding Tiger, Right
13.	Needle at the Bottom of the Sea	35.	Block Left, Cross Hands, Heel Kick, Right
14.	Fan Through Back	36.	Double Winds Pierce the Ears
15.	Fist Near Waist	37.	Cross Hands, Heel Kick, Left
16.	Turn and Chop, Parry, Finger Strike, and Punch Up	38.	Spin, Cross Hands, Heel Kick, Right
17.	Deflect, Parry, Step Forward, Punch	39.	Pull Down (Parry), Step Forward, Punch
18.	Block Right and Left (Two Birds)	40.	Close and Seal
19.	Grasp the Peacock's Tail	41.	Turn and Cross Hands
20.	Single Whip		
21.	Waving Hand like Clouds		
22.	Single Whip		

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Third Set:

#	Name	#	Name
1.	Embrace Tiger, Return to Mountain	33.	Two Birds
2.	Grasp Peacock's Tail, Fragment	34.	Grasp Peacock's Tail w/o Ward Off Left
3.	Single Whip	35.	Single Whip
4.	Wild Horse Parts Its Mane, Right	36.	Wave Hands Like Clouds
5.	Wild Horse Parts Its Mane, Left	37.	Single Whip
6.	Wild Horse Parts Its Mane, Right	38.	High Pat on Horse
7.	Grasp the Peacock's Tail	39.	Cross Palm
8.	Single Whip	40.	Cross Leg
9.	Fair Lady Works the Shuttles, 1 st Corner	41.	Pull Down (Parry), Brush, Punch Groin
10.	Fair Lady Works the Shuttles, 2 nd Corner	42.	Two Birds
11.	Fair Lady Works the Shuttles, 3 rd Corner	43.	Grasp Peacock's Tail with Signature Step, w/o Ward off Left
12.	Fair Lady Works the Shuttles, 4 th Corner	44.	Single Whip
13.	Grasp the Peacock's Tail	45.	Snake Creeps Down
14.	Single Whip	46.	Step Up to See the Seven Stars
15.	Wave Hands Like Clouds	47.	Step Back to Ride the Tiger
16.	Single Whip	48.	Turn and Sweep Lotus with One Leg
17.	Snake Creeps Down	49.	Shoot the Tiger
18.	Golden Cock Stands on One Leg	50.	Pull Down. Parry, Step Forward, Punch
19.	Repulse Monkey, Right	51.	Turn and Cross Hands
20.	Repulse Monkey, Left		
21.	Repulse Monkey, Right		
22.	Slant Flying		
23.	Close Hands		
24.	Catch the Moon at the Bottom of the Sea		
25.	White Crane Spreads its Wings		
26.	Brush Knee		
27.	Needle at the Bottom of the Sea		
28.	Fan Through Back		
29.	Fist Near Waist (open hand facing down)		
30.	Turn and Chop Parry and Push		
31.	White Snake Turns and Sticks Out Tongue		
32.	Deflect, Step Forward, Parry, Punch		