

Tai Chi Chuan 42 competition Form

1	Commencing Form N
2	Grasp Peacock's Tail (Stroking Bird's Tail)-Right Side
3	Single Whip - Left Side W
4	Lifting Hands (Raise Hands) N
5	The White Crane Flashing Wings / Spread Its Wings W
6	Brush Knee & Twist Step Left and Right Side W
7	Parry & Turn to Punch (Parry & Strike with Fist)
8	Roll Back & Press forward - Right and Left Side (Deflect & Push -both sides)
9	Step Forward, Parry & Punch (Parry & Push)
10	Apparent Close-up W
11	Opening and Closing of Hands N Sun style
12	Single Whip - Right Side Sun style
13	(Punch) Fist under Elbow
14	Turn Body and Push Palm on Right & Left Side Sun style
15	Fair Lady Works at the Shuttle - Right & Left Side E
16	Heel Kicks - Right and Left Side SE
17	Cover with Hand, Punch (Cover Hands; Strike with Arm) E Chen Style
18	Wild Horse Parts His Mane - Left & Right Side Chen Style
19	Wave Hands Like Clouds N
20	Step Backward to Subdue the Tiger (Step Backwards & Hit the Tiger) Wu
21	Kicking with Toes Forward - Right Side (Separate Legs) Wu
22	Punching (Box) Ears with Both Fists W
23	LF Kick with Toes Forward - Left Side (Separate Legs)
24	Turn Body & Slap R Foot Kick W
25	Step Forward & Punch Downward
26	Oblique Flying
27	Lowering Movement (Single Whip & Push Down) S
28	Golden Cock Standing on One Leg
29	Step Backward & Thread (Thrust) Palm
30	Press Palm in Empty Stance
31	Lifting (Hold Palm Up) Palm & Standing on One Leg
32	Body Thrust (Lean with Body) with Half Horse Stance (Riding Horse Step) Chen Style
33	Turn Body with Full Roll-Back (for Large Deflecting)
34	Hold and Punch in Crossed Squatting Stance (Resting Step) Wu
35	Thread Palm and Lowering Movements (Push Down) Wu
36	Step Forward Seven Stars E
37	Step Backward Riding Tiger (Mount Tiger & Stand on 1 Leg)
38	Turn Body with Lotus Kick W
39	Drawing Bow (Curved Bow) to Shoot Tiger SW
40	Grasp Peacock's Tail (Stroking Bird's Tail) - Left Side W
41	Cross Hands N
42	Closing Form N