



AMBER VALLEY TAI CHI CHUAN

WUDANG - SHORT FORM ROUND

Technique Number	Technique Name
1.	Tai Chi at rest
2.	Ready position
3.	Beginning style
4.	Seven stars style
5.	Grasping bird's tail
6.	Single whip
7.	Cloud hands
8.	Pat the horse high
9.	Separate Arms. Left drape body
10.	Right foot kicks out in a curve
11.	Step back seven stars style
12.	Step back to beat the tiger
13.	Twist the body and kick
14.	Box the ears
15.	Turn the body to face the right / right drape body
16.	Raise left leg and kick out in a curve
17.	Turn on the heel and kick with the heel
18.	Brush knee twist step
19.	Step forward and punch down
20.	Step back swing fist
21.	Step back snake creeps down
22.	Step up seven stars
23.	Step back to ride the tiger
24.	Slap the face
25.	Double hand sweeps lotus leg
26.	Draw the bow to shoot the tiger
27.	Step back repulse monkey
28.	Seven stars style
29.	Stroke the lute
30.	Parry and punch
31.	As if shutting a door
32.	Embrace tiger and return to mountain
33.	Tai Chi in unity
34.	Completion

