

## TAI CHI FOR HEALTH - OLD SHORT FORM

1. Preparation and beginning of Tai Chi (N)
2. Grasp bird's tail (NW) wt. on R., pull rope to SE, 3 circle spirals wt. L, Grasp bird's tail, Row Boat
3. Turning to N to Single Whip to (W)
4. Raise hands N, brush sea weed (W)
5. Step back Lt leg, stork cools it's wings (W)
6. Shift forward to R leg, brush knee in air, play the guitar
7. Step back left, brush knee play the guitar. Step back right, brush knee, play guitar
8. Step R leg forward, punch L
9. Apparent close up R, press downward shifting to R, pull up fists, apparent close up L
10. Cross hands turn to (E), carry tiger back to mountain R.
11. Modified grasp birds tail, apparent close up, wt. shifted forward to R
12. Turn to (W) - right fist under left elbow, wt. on R
13. Repulse monkey L, R, L, R
14. Fan thru the back to SW
15. L. raise hands, brushing sea weed to (W)
16. Step back R leg, stork cools its wings L (W)
17. Step forward R, brush L knee. Step back L, brush R knee, needle at bottom of sea, wt. R
18. Turn about (E), step back L, chop fist, twist step, punch R fist
19. Apparent close up L, press downward, pull up fists, push hands forward wt. on R
20. Single Whip (W)
21. Cloud Hands 4 times, stepping (W) ending in single whip
22. High pat on horse, R, L, (W)
22. Separation of R ft, (NW), separation of L ft, (SW) *kick r of L turn bending on L, kick a R knees kick*
23. Swing L leg turning to (E), kick R to SE
24. Brush R knee, sink on R, groin punch L fist (E)
25. L kick, brush L knee, groin punch R fist (E)
26. Step back R, stab R hand to (E) - *sweeping s.h.*
27. Turn, step forward L, punch R (W)
28. ~~Apparent close up, L, R kick (NW) ?~~
29. Drape Tiger R, L (W)
30. Swing turn to (SE), crossing hands, step L, kick R (SE)
31. Step back R, sink for Double fists (E) ?
32. Cross hands, kick L to (NE), swing L leg to turn to (NW), kick R to (NW)
33. Set down R, step forward L (step long) into single whip to (NW)
34. Slanting flying style R to (SW), slanting flying style L to (SE) *Atos - facing west*
35. Step back L to (N), pick up ball and grasp birds tail, single whip, snake creeps down (S) *looking west*
36. Fair lady works to shuttles, (NW, SE, SW, NE)
37. Grasp birds tail, (E), to single whip, (W)
38. Snake creeps down, diagonal stretch R (NW), Golden Cock L (W), diag. stretch L (SW) Golden Cock R (W)
39. L kick into repulse monkey four times
40. Turn, grasp bird's tail (E), single whip (W)
41. Cloud hands, walking, 4 times to (W), single whip to (W)
42. R high pat on horse, piece R palm with L (W)
43. Fold arms turning on R (E), kick R, brush R knee, step L, punch R (E)
44. Shift wt. to L, press downward, pull up fists, step forward R, push hands to (W)
45. Single whip to (W), L ward off, R snake creeps, brush R knee, step forward L, push forward left hand, step forward R for Seven star fists
46. Step back R into stork cools its wings. Rt. leg turn (pivoting on L toes) for 100 times trained leg, diagonal stretch to (NW). L ride the Tiger (W), shift R, diagonal stretch (SW) R. ride the tiger (W)
47. Draw bow with L arm to shoot the tiger (NW). Turn, shift wt. to R, draw the bow with R shoot the tiger (SE)
48. Continuous punch sequence to NW ending with grasp bird's tail.
49. Continuous punch sequence to (SW) ending with grasp bird's tail.
50. Cross hands, turn to N to Carry tiger back to mountain and closing of Tai Chi.

*Whole bunch o' stuff*

*kicks*