

Taiji – Short Form (Duanjia)

of Master Huang Xingxian

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First Section

Preparatory movement
Ward off right
Ward off left
Grasp Birds Tail (Ward off, Pull Back, Press & Push)
Single Whip
Raise Hands
Shoulder Stroke
White Stork Spreads its Wings
Brush Knee & Twist Step
Play the Guitar
Brush Knee & Twist Step
Step Up Block, Parry & Punch
Apparent Closing
Cross Hands

Second Section

Carry Tiger to Mountain
Diagonal Single Whip
Taoist Immortal Flaps His Sleeves
Fist Under Elbow
Step Back & Repulse Monkey
Slanting Flying
Wave Hands Like Clouds
Single Whip
Snake Creeps Down
Golden Cock Stands on One Leg, Left & Right
Separation of Leg, Right & Left
Turn and Kick With Sole
Brush Knee & Twist Step, Left & Right
Step Bend & Punch
Grasp Birds Tail

Third Section

Fair Lady Works At Shuttles (4 Corners)
Grasp Birds Tail
Single Whip
Snake Creeps Down
Step Up to Form Seven Stars
Retreat to Ride Tiger
Turn & Sweep Lotus With Leg
Shoot Tiger With Bow
Step Up, Block, Parry & Punch
Apparent Closing
Cross Hands
Conclusion of Taiji.