

Taiji – Short Form (Duanjia)

of Master Huang Xingxian

2010 Patrick A Kelly

First Section

Preparatory movement
Ward off right
Ward off left
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 Waves His Sleeves
Fist under Elbow
Monkey Steps Back (3 each side)
Slanting Flying
Wave Hands like Clouds (4 each side)
Single Whip

Third Section

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
Ward off, Pull Back, Press & Push
Single Whip

Fourth Section

Fair Lady Works at Shuttles (4 Corners)
Ward off, Pull Back, Press & Push
Single Whip

Fifth Section

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.