



# 108 Moves of the Tai Chi Form of Moy Lin-Shin



1. Commencement of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Step-up and Raise Hands
6. Stork Cools Wings
7. Brush Knee
8. Play the Peipa
9. Brush Knee and Twist Step Left
10. Brush Knee and Twist Step Right
11. Brush Knee
12. Play the Peipa
13. Brush Knee & Twist Step Left
14. Chop with Fist
15. Step-up, Deflect, Parry and Punch
16. Apparent Close-up
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Single Whip
20. Fist under Elbow
21. Repulse Monkey (R)
22. Repulse Monkey (L)
23. Repulse Monkey (R)
24. Slanting Flying
25. Step-up and Raise Hands
26. Stork Cools Wings
27. Brush Knee
28. Needle at Sea Bottom
29. Fan through Back
30. Turn & Chop with Fist
31. Step-up, Deflect, Parry & Punch
32. Step-up to Grasp Bird's Tail
33. Single Whip
34. Wave Hands as Clouds (5)
35. Single Whip
36. High Pat on Horse
37. Separation Right Foot Kick
38. Separation Left Foot Kick
39. Turn and Left Heel Kick
40. Brush Knee & Twist Step (L)
41. Brush Knee & Twist Step (R)
42. Step-up & Punch Low
43. Turn & Chop with Fist
44. Step-up, Deflect, Parry & Punch
45. Right Foot Kick
46. Hit Tiger Left
47. Hit Tiger Right
48. Right Heel Kick
49. Strike Ears with Fists
50. Left Heel Kick
51. Turn and Right Heel Kick
52. Chop with Fist
53. Step-up, Deflect, Parry & Punch
54. Apparent Close-up
55. Cross Hands
56. Carry Tiger to Mountain
57. Horizontal Single Whip
58. Parting Wild Horse's Mane (R)
59. Parting Wild Horse's Mane (L)
60. Parting Wild Horse's Mane (R)
61. Parting Wild Horse's Mane (L)
62. Parting Wild Horse's Mane (R)
63. Left Grasp Bird's Tail
64. Grasp Bird's Tail
65. Single Whip
66. Fair Lade Works at Shuttle (L)
67. Fair Lady Works at Shuttle (R)
68. Fair Lady Works at Shuttle (L)
69. Fair Lady Works at Shuttle (R)
70. Left Grasp Bird's Tail
71. Grasp Bird's Tail
72. Single Whip
73. Wave Hands as Clouds (7)
74. Single Whip
75. Snake Creeps down
76. Golden Cock Stands on One Leg (R,L)
77. Repulse Monkey (R)
78. Repulse Monkey (L)
79. Repulse Monkey (R)
80. Slanting Flying
81. Step-up and Raise Hands
82. Stork Cools Wings
83. Brush Knee
84. Needle at Sea Bottom
85. Fan through Back
86. Turn & White Snake Puts Out Tongue
87. Deflect, Parry & Punch
88. Step-up to Grasp Bird's Tail
89. Single Whip
90. Wave Hands as Clouds (3)
91. Single Whip
92. High Pat on Horse
93. Cross Hands to Penetrate Palm
94. Turn, Cross Hands & Kick
95. Chop with Fist
96. Brush Knee and Punch Pubis
97. Step-up to Grasp Bird's Tail
98. Single Whip
99. Snake Creeps Down
100. Step-up to Form "Seven Stars"
101. Retreat to Ride Tiger
102. Turn & Sweep Lotus
103. Shoot Tiger with Bow
104. Chop with Fist
105. Step-up, Deflect, Parry & Punch
106. Apparent Close-up
107. Cross Hands
108. Conclusion of Tai Chi