



~ 108 Moves of the Moy Lin Shin Tai Chi ~



1. Opening of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Whip
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Brush Knee (left)
8. Strum the Pei Pa
9. Brush Knee left
10. Brush Knee right
11. Brush Knee left
12. Strum the Pei Pa
13. Brush Knee left
14. Chop with Fist
15. Parquois, Strike, Come through, Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Block to the Window
20. Fist Under Elbow
21. Ward Off Monkeys (right)
22. Ward Of Monkeys (left)
23. Ward Off Monkeys (right)
24. Flying at a Slant
25. Step Up and Raise Hands
26. White Stork Spreads Wings
27. Brush Knee (left)
28. Needle to Sea Bottom
29. Fan Penetrates through the Back
30. Turn and Chop with Fist
31. Parquois, Strike, Come through, Punch
32. Grasp Bird's Tail
33. Whip
34. Five Clouds
35. Whip
36. High Pat on Horse
37. Separations Right
38. Separations Left
39. Turn and Kicka
40. Brush Knee left
41. Brush Knee right
42. Punch down
43. Turn and Chop with Fist
44. Parquois, Strike, Come through, Punch
45. Right Foot Kick
46. Strike Tiger Left
47. Strike Tiger Right
48. Right Foot Kick
49. Strike Tiger Both Ears
50. Left Foot Kick
51. Turn and Kick
52. Chop with Fist
53. Parquois, Strike, Come through, Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Whip to Window
58. Parting Wild Horses' Manes (right)
59. Parting Wild Horses' Manes (left)
60. Parting Wild Horses' Manes (right)
61. Parting Wild Horses' Manes (left)
62. Parting Wild Horses' Manes (right)
63. Left Grasp Bird's Tail
64. Grasp Bird's Tail
65. Whip
66. Fair Lady Works Shuttles (left)
67. Fair Lady Works Shuttles (right)
68. Fair Lady Works Shuttles (left)
69. Fair Lady Works Shuttles (right)
70. Left Grasp Bird's Tail
71. Grasp Bird's Tail
72. Whip
73. Seven Clouds
74. Whip
75. Snake
76. Cock Stands on Left Leg
77. Cock Stands on Right Leg
78. Ward off Monkeys (right)
79. Ward off Monkeys (left)
80. Flying at a Slant
81. Step Up and Raise Hands
82. White Stork Spreads Wings
83. Brush Knee Left
84. Needle to Sea Bottom
85. Fan Penetrates Through Back
86. Turn and Chop with Fist
87. Parquois, Strike, Come Through, Punch
88. Grasp Bird's Tail
89. Whip
90. Three Clouds
91. Whip
92. High Pat on Horse
93. Present
94. Turn and Kick
95. Chop with Fist
96. Parquois, Strike, Come Through, Punch
97. Grasp Bird's Tail
98. Whip
99. Snake
100. Seven Stars
101. Block
102. Turn and Catch the Butterfly
103. Draw Bow
104. Chop with Fist
105. Parquois, Strike, Come Through, Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi