



Wen-Mai Yu style T'ai Chi

The 48 Form

Commencing Form

1. White Crane flashes its wings
2. Brush Knee
3. Single Whip (Wu & Yang Styles)
4. Strum the Lute (left side)
5. Stroke Elbows, pull down and press (3 times)
6. Deflect downward, parry & punch
7. Fend off, press & push

Section 2

8. Lean Obliquely
9. Fist under elbow (hold ball, thread left hand through right wrist)
10. Curve back Arms (Repulse Monkey 3 times)
11. Turn push Palm to 4 Directions (Brush Knee and Follow Step - Sun Style)
12. Strum the Lute (right side)
13. Brush Knee & punch downward (circle hands first)
14. White Snake spits its tongue (2 times)
15. Pat foot to beat the tiger (2 times)
16. Turn left to strike (a chop)
17. Thread fist, push down (facing back direction), snake creeps down
18. Stand on one leg (2 times)
19. Single Whip (right side)

Section 3

20. Right wave hands like clouds (3 times)
21. Part wild horse's mane (2 times)
22. High pat on horse



23. Kick with right heel
 24. Strike opponents ears with fist
 25. Kick with left heel
 26. Punch with hidden fist
 27. Needle at sea bottom
 28. Flash hand left, right hand protect head (palms outward)
 29. Right and left toe kicks
 30. Brush knee (2 times, Yang style)
 31. Step forward and punch (finish with two fists)
 32. Apparent closure
 33. Left wave hands like clouds (3 times)
 34. Right diagonal back fist
 35. Fair Lady at shuttles on both sides
 36. Step back and thread palm
 37. Turn body, press palms downward
 38. Stand on one leg and hold out palm
 39. Push forearm with horse stance
 40. Turn body with big stoke - finishing with two fists
 41. Swing palm, make eagle's beak and push down (snake)
 42. Step up to Seven Stars (finish fists back to back)
 43. Stand on one leg to ride the tiger (right palm out, left palm eagle's beak)
 44. Turn body for lotus swing (finish facing front)
 45. Draw a bow to shoot the tiger
 46. Reflect downward, parry, and punch
 47. Fend off, stroke, press and push
 48. Cross hands (left hand in front)
- Closing form – bring hands down and stand up