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The Full Set

1. Opening of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Whip to One Side
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Left Brush Knee
8. Strum the Pei Pa
9. Left Brush Knee and Twist Step
10. Right Brush Knee and Twist Step
11. Left Brush Knee
12. Strum the Pei Pa
13. Left Brush Knee and Twist Step
14. Chop with Fist
15. Step Up, Deflect, Parry and Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Whip Out Diagonally
20. Fist Under Elbow
21. Go Back to Ward Off Monkeys Right
22. Go Back to Ward off Monkeys Left
23. Go Back to Ward Off Monkeys Right
24. Flying at a Slant
25. Step Up and Raise Hands
26. White Stork Spreads Wings
27. Left Brush Knee
28. Push Needle to Sea Bottom
29. Fan Penetrates Through The Back
30. Turn and Chop with Fist
31. Step Up, Deflect, Parry and Punch
32. Step Up and Grasp Birds Tail
33. Whip to One Side
34. Move Hands Like Clouds 5 Times
35. Whip to One Side
36. Reach Up to Pat Horse (High Pat Horse)
37. Separate Foot to Right
38. Separate Foot to Left
39. Turn and Kick
40. Left Brush Knee and Twist Step
41. Right Brush Knee and Twist Step
42. Step up and Punch (low)
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry and Punch
45. Kick with Right Foot
46. Strike Tiger at Left
47. Strike Tiger at Right
48. Kick wit Right Foot
49. Strike Ears with Fists
50. Kick with Left Foot
51. Turn and Kick
52. Chop with Fist
53. Step Up, Deflect, Parry and Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Whip Out Horizontally
58. Parting Wild Horse's Mane Right
59. Parting Wild Horse's Mane Left
60. Parting Wild Horse's Mane Right
61. Parting Wild Horse's Mane Left
62. Parting Wild Horse's Mane Right
63. Left Grasp Birds Tail
64. Step Up to Grasp Bird's Tail
65. Whip to One Side
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. Step Up to Grasp Bird's Tail
72. Whip to One Side
73. Move Hands Like Clouds 7 Times
74. Whip to One Side
75. Creeping Low Like a Snake
76. Golden Cock Stands on One Leg Left
77. Golden Cock Stands on One Leg Right
78. Go Back to Ward Off Monkeys Right
79. Go Back to Ward Off Monkeys Left
80. Flying at a Slant
81. Step Up and Raise Hands
82. White Stork Spreads Wings
83. Left Brush Knee
84. Push Needle to Sea Bottom
85. Fan Penetrates Through The Back
86. Turn and Chop with Fist (White Snake Puts Out Tongue)
87. Step Up, Deflect, Parry and Punch
88. Step Up and Grasp Birds Tail
89. Whip to One Side
90. Move Hands Like Clouds 3 Times
91. Whip to One Side
92. Reach Up to Pat Horse (High Pat Horse)
93. Cross Hands to Penetrate
94. Turn and Kick with Right Foot
95. Chop with Fist
96. Brush Knee and Punch
97. Step Up to Grasp Bird's Tail
98. Whip to One Side
99. Creeping Low Like aSnake
100. Step Up to Seven Stars
101. Retreat to Ride Tiger
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop with Fist
105. Step Up, Deflect, Parry and Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi

The Bow (optional)