

TAI CHI STEPS TO LEARN FOR THE INTERMEDIATE STUDENT

STILL POSTURES

- Lift Hands
- Phoenix Spreads Wings
- Play the Guitar
- Hold the Watermelon
- Punch
- Closure

- Embrace Tiger & Return to Mountain
- Fist Under Elbow
- Diagonal Flying
- Golden Rooster on One Leg
- Separate Right (or Left) Foot
- Low Punch

- 4 Corners
- 7 Stars (right foot forward)
- Step Back & Ride Tiger (left foot forward)
- Bend Bo & Shoot Tiger

MOVING POSTURES

- Rollback-Press, Rollback-Push
- See Your Palm, Catch the Rain...
- Brush Knee Left
- Stir the Soup
- Shoulder Strike
- Block, Perry, Punch

- Repulse Monkey
- Wave Hands in the Clouds

- Snake Creeps Down
- Spinning Heel Kick
- Sweep Lotus

PUSH HANDS

- Choreographed Push Hands

SWORD DRILLS (first learned solo, then with a partner)

- Apply Strikes & Blocks
- Drawing in / Drawing Out
- Circle Drill
- Thrust / Spiral Block in diagonal horse-stance
- Strike / Downward Vertical Block (as in sword form)
- Diagonal Slashes
- Little Whirlpool