

5 Section Taijiquan 五段太極拳 (Tai Chi solo bare-hand form)

Section I

- 1 Commencing Form
- 2 Part the Wild Horse's Mane (*left*)
- 3 White Crane Spreads Wings
- 4 Brush Knee, Twist Step (*left*)
- 5 Hand Strums the Lute

Section II

- 6 Step-back, Whirl Arms
- 7 Grasp Bird's Tail (*left*)
Ward-off, Roll-back, Press, Push

Section III

- 8 Wave Hands like Clouds (*2x*)
- 9 Single Whip
- 10 High Pat on Horse
- 11 Strike Ears with Both Fists

Section IV

- 12 Kick with Heel
- 13 Golden Rooster Stands on One Leg
- 14 Fair Maiden Weaves at Shuttles (*left*)
- 15 Needle at Sea Bottom
- 16 Fan Through Back

Section V

- 17 Twist-step, Deflect Down, Parry & Punch
- 18 Apparent Close-up
- 19 Cross Hands
- 20 Closing Form

