



FLOW TAI CHI
MOVE · BREATHE · RELAX · CONNECT

WU STYLE SHORT FORM

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| 1. TAI CHI PREPARATION | 28. SPLIT HAND RIGHT & TOE KICK |
| 2. TAI CHI START | 29. STEP BACK, SEVEN STAR |
| 3. 7 STARS | 30. STEP BACK, HIT TIGER |
| 4. BIRD'S TAIL | 31. PLUCK THE POLE, HOOK PUNCH |
| 5. SINGLE WHIP | 32. TWIST BODY, LEFT TOE KICK |
| 6. LEAN TO THE LEFT | 33. TURN AROUND, RIGHT HEEL KICK |
| 7. RAISE HANDS | 34. WILD HORSE SPLIT (LEFT) |
| 8. WING STRETCHES | 35. FIRST CORNER (LEFT) |
| 9. BRUSH KNEE, PUSH FWD (RIGHT) | 36. TURN, LEAN + HOLD THE BANJO (RIGHT) |
| 10. HOLD THE BANJO | 37. SECOND CORNER (RIGHT) |
| 11. STEP FWD, DOUBLE PUNCH | 38. BIRD'S TAIL, SINGLE WHIP |
| 12. OPEN AND CLOSE THE GATE | 39. FIRST DROP, ROOSTER STAND |
| 13. EMBRACE TIGER | 40. REPULSE MONKEY (X2), 7 STARS |
| 14. CROSS HANDS | 41. SLAP THE FACE, TURN, SINGLE KICK |
| 15. BRUSH KNEE PUSH FWD | 42. LEFT BRUSH KNEE PUSH FWD |
| 16. SIT BACK, 7 STARS | 43. STEP FWD, PARALLEL PUNCH |
| 17. NEEDLE AT THE BOTTOM OF THE SEA | 44. BIRD'S TAIL, SINGLE WHIP |
| 18. OPEN THE FAN | 45. LAST DROP, CROSS HANDS |
| 19. UNDER THE ELBOW | 46. STEP BACK, HANG TIGER |
| 20. REPULSE MONKEY (LEFT) | 47. TURN, SLAP THE FACE |
| 21. TWIST & LEAN LEFT, CLOUD HANDS X2 | 48. TURN AROUND, DOUBLE KICK, SIDE PUNCH |
| 22. SINGLE WHIP | 49. LEFT PAT HORSE, SLAP FACE |
| 23. PAT THE HORSE, SPLIT KICK RIGHT | 50. TURN, SWING PUNCH |
| 24. PAT THE HORSE, SPLIT KICK LEFT | 51. STEP FWD, PAT HORSE (RIGHT) |
| 25. TURN AROUND, LEFT HEEL KICK | 52. STEP FWD, BIRD'S TAIL |
| 26. PUNCH THE FLOOR | 53. SINGLE WHIP |
| 27. TURN AROUND SWING PUNCH | 54. TAI CHI RECESS |