

Tai Chi Fundamentals® Original Program

Section One

- Preparation
- Beginning
- Ward off Left
- Press Left
- Push Left
- Forward Transition
- Ward off Right
- Press Right
- Push Right
- Step Forward

Section Two

- Repulse the Monkey, Hands
- Repulse the Monkey, Stepping
- Cloud Hands, Arms
- Cloud Hands, Stepping
- Single Whip

Section Three

- Snake Slides Down
- Golden Pheasant Stands on Left Leg
- Golden Pheasant Stands on Right Leg
- Separate Arms and Kick Right
- Separate Arms and Kick Left
- Brush Knee and Twist Left – Repeat
- Brush Knee and Twist Right - Repeat
- Punch
- Withdraw and Push
- Cross Hands
- Closing