

Outline of the Special Short Form (PHD)
from
Tai Chi for Health & Harmony
A Special Short Form Developed by Hubert H. Lui
by
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Beginning of Tai Chi

Preparatory Period (N)
Rowing the Boat (NE, NW)
Diagonal Stretching with Twist (NE, SE, NW, SW)
Waist Turn with Diagonal Stretching (NE, NW)

Three Palm Movements

Climb Mountain on Tiger's Back (NW)
Three Palm Movement with Grasp Bird's Tail (SE)
Climb Mountain on Tiger's Back (SW)
Three Palm Movement with Grasp Bird's Tail (NE)

Cloud Hands

Pull Down (W, E)
Single Whip (E to W)
Cloud Hands (W to E), 3 1/2 times
Single Whip (E to W)

Raise Hands

Right Raise Hand (N to W)
Stork cools Its Right Wing (W)
Pull Down (S)
Fan Through the Back
Left Raise Hand (S to W)
Stork Cools its Left Wing (W)

Brush Knee and Play the Guitar (W, E, N, S)

Fair Lady Works on the Shuttle

Roll the Ball (N)
Pull the Rope (N)
Row the Boat (N)
Single Whip (N to S)
Snake Creeps Down (S)
Fair Lady (NW, SE, SW, NE)

Dragon Dance (NW, NE)

Continuous Punch (NW, SE, NE, SW)

Snake Creeps Down and Lotus Fist
Punch and Kick
Reverse High Pat on Horse
Grasp Bird's Tail
Apparent Close-up

Yin-Yang Steps

Subdue the Tiger (N)
Three Yin-Yang Steps (E, W, E, W)

Carry the Tiger Back to Mountain (N), 2 times

Closing of Tai Chi and Back to Nature (N)