

Outline of the Special Short Form (PHD)  
from  
*Tai Chi for Health & Harmony*  
A Special Shorth 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)**