

List of Moves of the Old Short Form

Lui's Notes state that he learned this form in Chicago in 1966 from Dr. James Wing. The latest listing made by Mr. Lui is dated Feb.25, 1980. In this version, as well as one from 1978 this form is divided into three parts: 1-16, 17-37, & 38-50. There are notable differences from the moves Suzanne Roth includes in her version of this form.

1. Preparation (N)
2. Beginning of Tai Chi (N)
3. Grasp bird's tail
4. Single whip (W)
5. R raise hands (N)
6. Step back L leg, stork cools its wings, R (W)
7. Step forward, brush knee, twist step, push hand, play the guitar. L, R, L style (W)
8. Step R leg forward, punch L fist (W)
9. Apparent close up, press downward, pull up fists, **push** hand forward (W)
10. Cross hands, turn about, carry tiger back to mountain (E)
11. Grasp bird's tail, apparent close up (E)
12. Turn about, R fist under L elbow (W)
13. Repulse monkey, L, R, L, R (W)
14. Fan through the back (SW)
15. L raise hands (W)
16. Step back R leg, stork cools its wings, L (W)
17. Step forward, brush knee, L R, needle at sea bottom
18. Turn about.(E) L ward off, R chop fist. L ward off, R punch
19. Apparent close up, push hands forward (E)
20. Cross hands, turn, carry tiger back to mountain (N)
21. Turn, step forward R leg, grasp bird's tail (E)
22. Single whip (W)
23. Cloud hands, 4 times, (W)
24. High pat on horse. It, R (W)
25. Separation of foot, R, L (NW, SW)
26. Turn, R kick, brush R knee, L punch (SE)
27. L kick, brush L knee, R punch (NE)
28. Step back R leg, stab R hand (E)
29. Turn, step forward L leg, L ward off, R punch (W)
30. Apparent close up, push hands forward, cross hands (W)
31. R kick (NW), Drape the tiger R, L (W)
32. Turn, cross hands, R kick (SE)

33. Double fists (E)
34. Cross hands, L kick (NE), turn, R kick (NW)
35. Step forward L leg, slanting single whip (NW)
36. L, R, slanting flying style (SW, SE)
37. Cross hands, carry tiger back to mountain (N)
38. Step forward R leg, grasp bird's tail (N), single whip (S)
39. Snake creeps down, fair lady works on shuttles, 4 corners (NW, SE, SW, NE)
40. Grasp bird's tail (E), single whip, cloud hands, 4 times (W)
41. Single whip, snake creeps down, L, R golden cock stands on one leg (W)
42. L kick, repulse monkey, 2 times (W)
43. Turn, grasp bird's tail (E) , single whip (W)
44. Cloud hands, 4 times, single whip, R high pat on horse (W)
45. Pierce through R palm with L palm (W), turn, R kick, brush knee, step forward L leg, R punch (E)
46. Press downward, pull up fists, push hands forward (E)
47. Turn, single whip, stepback L leg, snake creeps down, brush R knee, step forward L leg, push forward L hand, step forward R leg forward, form seven star fists (W)
48. Step back R leg, ride on tiger back, step forward half step forward, turn with L leg kick, horizontal kick with R leg, draw bow-with L arm to shoot tiger (W, NW)
49. R hand ward off, step forward R leg, it. punch, press forward, pull up fists, push hands forward (w)
50. Cross hands, turn, carry tiger back to mountain, closing of Tai Chi (N)