

Yang Style T'ai Chi Ch'uan
54 Movement Form of Master Choy Kam Man

1. Commencement of T'ai Chi ch'uan
2. Ward Off Left
3. Right Push Upward
4. Roll Back
5. Press Forward
6. Push
7. Single Whip
8. Raise Hands
9. Stork Spreads Its Wings
10. Left Brush Knee and Twist Step
11. Play the Fiddle
12. Left Brush Knee and Twist Step
13. Step Up, Parry and Punch
14. Apparent Close Up
15. Cross Hands
16. Carry Tiger to Mountain
17. Fist Under Elbow
18. Step Back and Repulse Monkey (right)
19. Step Back and Repulse Monkey (left)
20. Step Back and Repulse Monkey (right)
21. Slanting Flying
22. Raise Hands
23. Stork Spreads Its Wings
24. Left Brush Knee and Twist Step
25. Needle at Sea Bottom
26. Fan Through the Back
27. Turn and White Snake Puts Out Tongue
28. Roll Back, Press Forward, and Push
29. Single Whip
30. Clouds Hands
31. Single Whip and Creeps Down
32. Golden Cock Stands on One Leg (right)
33. Golden Cock Stands on One Leg (left)
34. Separation of Right Foot Kick
35. Separation of Left Foot Kick
36. Turn and Left Foot Kick with Sole
37. Left Brush Knee and Twist Step
38. Right Brush Knee and Twist Step
39. Step Up, Punch Downward
40. Ward Off Left and Step Up, Right Push Upward, Roll Back, Press Forward, and Push
41. Single Whip
42. Fair Lady Works at Shuttles (1 - left)
43. Fair Lady Works at Shuttles (2 - right)
44. Fair Lady Works at Shuttles (3 - left)
45. Fair Lady Works at Shuttles (4 - right)
46. Ward Off Left and Step Up, Right Push Upward, Roll Back, Press Forward, and Push
47. Single Whip and Creeps Down
48. Step Up to Form Seven Stars
49. Retreat to Ride Tiger
50. Turn Round and Kick Horizontally
51. Shoot a Tiger with Bow
52. Step Up, Parry and Punch
53. Apparent Close Up
54. Conclusion of T'ai Chi ch'uan