

Tai Chi Staff Form

(Yang Style, Chu Family Lineage, Vincent Chu)

1. Beginning
2. Green dragon comes out of sea
3. The emperor presses downward
4. Rhinoceros gazes the moon
5. Wind sweeps the spring lotus
6. Green dragon comes out of sea
7. The emperor presses downward
8. From side to side, striking thousand soldiers
9. The compass points to the south
10. The lion shakes his head
11. Green dragon comes out of sea
12. Furious tiger coming down the mountain
13. Closing