



Tai Chi Paradigm®: 37 postures short form

Left (L) Right (R)

Section 1

1. Preparation
2. Beginning Style (L) Beginning Style (R)
3. Grasp the Sparrow's Tail
4. Single Whip - Hold the Ball
5. Fly Diagonally
6. Step Up and Raise Hand (R)
7. White Crane (Stork) Flaps its Wings (R)

Section 2

8. Brush Knee Twist Step - 4X (2R, 1L, 1R)
9. Hand Strums the Lute
10. Close the Door
11. Step Up, Punch, Divert and Blocking Punch
12. Cross Arms, leopard and Tiger Springs to Mountain

Section 3

13. Sit Back, Fist Under the Elbow (L)
14. Step Back, Repulse the Monkey (3X) (1L, 1R, 1L)
15. Fly Diagonally
16. Insert Needle to Bottom of the Sea
17. Fan Through the Back



Section 4

18. Turn (180°) /Parry and Punch (Back Fist)
19. Step Up, Punch, Divert and Block Punch
20. Cross arms, Leopard and Tiger Springs to Mountain
(Turn to back side to Left postures of form)

Section 5

21. Carry Tiger to Mountain
22. Cross Hands (L to outside)
23. Raise Hands (L)
24. Stork Flaps its Wings (L)
25. Grasp the Sparrows Tail (L)
26. Single Whip (L)
27. Hold the Ball, Reverse Ball (L) (R)
28. Fly Diagonally (L)

Section 6

29. Part the Horse's Mane (L) step up, Part the Horse's Mane (R)
30. 2X Jade Lady Works the Shuttle - (L) (R) (Cross step to corners)

Section 7

31. Single Whip
32. Cloud Hands - 2X
33. Single Whip
34. Hold the Ball, Reverse Ball
35. Fly Diagonally (R)
36. Step back stroke elbow (R, L)
37. Closing Style (Form end)