



108 moves of the Tai Chi form taught by Mr Moy

1. 太極起式 Commencement of Tai Chi	37. 右分腳 Separation Right Foot Kick	74. 單鞭 Single Whip
2. 左攬雀尾 Left Grasp Bird's Tail	38. 左分腳 Separation Left Foot Kick	75. 蛇身下勢 Snake Creeps down
3. 攬雀尾 Grasp Bird's Tail	39. 轉身左踢腳 Turn and Left Heel Kick	76. 金雞獨立(右 左) Golden Cock Stands on One Leg (R,L)
4. 單鞭 Single Whip	40. 左擽膝拗步 Brush Knee & Twist Step (L)	77. 倒擽猴(右) Repulse Monkey (R)
5. 提手上勢 Raise Hands and Step-up	41. 右擽膝拗步 Brush Knee & Twist Step (R)	78. 倒擽猴(左) Repulse Monkey (L)
6. 白鶴亮翅 White Crane Cools Wings	42. 進步栽捶 Step-up & Punch Low	79. 倒擽猴(右) Repulse Monkey
7. 擽膝 Brush Knee	43. 轉身撇身捶 Turn & Chop with Fist	80. 斜飛勢 Slanting Flying
8. 手揮琵琶 Play the Pelpa	44. 進步搬攔捶 Step-up, Deflect, Parry & Punch	81. 提手上勢 Raise Hands and Step-up
9. 左擽膝拗步 Brush Knee & Twist Step (L)	45. 右踢腳 Right Foot Kick	82. 白鶴亮翅 White Crane Cools Wings
10. 右擽膝拗步 Brush Knee & Twist Step (R)	46. 左打虎 Hit Tiger Left	83. 擽膝 Brush Knee
11. 擽膝 Brush Knee	47. 右打虎 Hit Tiger Right	84. 海底針 Needle at Sea Bottom
12. 手揮琵琶 Play the Pelpa	48. 右踢腳 Right Heel Kick	85. 扇通背 Fan through Back
13. 左擽膝拗步 Brush Knee & Twist Step (L)	49. 雙峰貫耳 Strike Ears with Fists	86. 轉身白蛇吐信 Turn & White Snake Puts Out Tongue
14. 撇身捶 Chop with Fist	50. 左踢腳 Left Heel Kick	87. 搬攔捶 Deflect, Parry & Punch
15. 進步搬攔捶 Step-up, Deflect, Parry & Punch	51. 轉身右踢腳 Turn and Right Heel Kick	88. 上步攬雀尾 Step-up to Grasp Bird's Tail
16. 如封似閉 Apparent Close Up	52. 撇身捶 Chop with Fist	89. 單鞭 Single Whip
17. 十字手 Cross Hands	53. 進步搬攔捶 Step-up, Deflect, Parry & Punch	90. 雲手(3) Wave Hands as Clouds (3)
18. 抱虎歸山 Carry Tiger to Mountain	54. 如封似閉 Apparent Close-up	91. 單鞭 Single Whip
19. 斜單鞭 Diagonal Single Whip	55. 十字手 Cross Hands	92. 高探馬 High Pat on Horse
20. 肘底捶 Fist under Elbow	56. 抱虎歸山 Carry Tiger to Mountain	93. 十字穿掌 Cross Hands to Penetrate Palm
21. 倒擽猴(右) Repulse Monkey (R)	57. 橫單鞭 Horizontal Single Whip	94. 轉身十字腿 Turn, Cross Hands & Kick
22. 倒擽猴(左) Repulse Monkey (L)	58. 右野馬分鬃 Parting Wild Horse's Mane (R)	95. 撇身捶 Chop with Fist
23. 倒擽猴(右) Repulse Monkey (R)	59. 左野馬分鬃 Parting Wild Horse's Mane (L)	96. 擽膝指襠捶 Brush Knee and Punch Pubis
24. 斜飛勢 Slanting Flying	60. 右野馬分鬃 Parting Wild Horse's Mane (R)	97. 上步攬雀尾 Step-up to Grasp Bird's Tail
25. 提手上勢 Raise Hands and Step-up	61. 左野馬分鬃 Parting Wild Horse's Mane (L)	98. 單鞭 Single Whip
26. 白鶴亮翅 White Crane Cools Wings	62. 右野馬分鬃 Parting Wild Horse's Mane (R)	99. 蛇身下勢 Snake Creeps Down
27. 擽膝 Brush Knee	63. 左攬雀尾 Left Grasp Bird's Tail	100. 上步七星 Step-up to Form "Seven Stars"
28. 海底針 Needle at Sea Bottom	64. 攬雀尾 Grasp Bird's Tail	101. 退步跨虎 Retreat to Ride Tiger
29. 扇通背 Fan through Back	65. 單鞭 Single Whip	102. 轉身擺蓮 Turn & Sweep Lotus
30. 轉身撇身捶 Turn & Chop with Fist	66. 左玉女穿梭 Fair Lady Works at Shuttle (L)	103. 彎弓射虎 Shoot Tiger with Bow
31. 進步搬攔捶 Step-up, Deflect, Parry & Punch	67. 右玉女穿梭 Fair Lady Works at Shuttle (R)	104. 撇身捶 Chop with Fist
32. 上步攬雀尾 Step-up to Grasp Bird's	68. 左玉女穿梭 Fair Lady Works at Shuttle (L)	105. 進步搬攔捶 Step-up, Deflect, Parry & Punch
33. 單鞭 Single Whip	69. 右玉女穿梭 Fair Lady Works at Shuttle (R)	106. 如封似閉 Apparent Close-up
34. 雲手(5) Wave Hands as Clouds (5)	70. 左攬雀尾 Left Grasp Bird's Tail	107. 十字手 Cross Hands
35. 單鞭 Single Whip	71. 攬雀尾 Grasp Bird's Tail	108. 合太極 Conclusion of Tai Chi
36. 高探馬 High Pat on Horse	72. 單鞭 Single Whip	
	73. 雲手(7) Wave Hands as Clouds (7)	