THE 108 MOVES

1. Opening of Tai Chi	28. Push Needle to Sea Bottom	55. Cross Hands	82. White Stork Spreads Wings
2. Left Grasp Bird's Tail	29. Fan Penetrates through the Back	56. Carry Tiger to Mountain	83. Brush Knee (left)
3. Grasp Bird's Tail	30. Turn and Chop with Fist	57. Whip Out Horizontally	84. Push Needle to Sea Bottom
4. Single Whip	31. Step Up, Deflect, Parry, Punch	58. Parting Wild Horse's Mane (right)	85. Fan Penetrates through the Back
5. Step Up and Raise Hands	32. Step Up to Grasp Bird's Tail	59. Parting Wild Horse's Mane (left)	86. White Snake Turns&Puts Out Tongue
6. White Stork Spreads Wings	33. Single Whip	60. Parting Wild Horse's Mane (right)	87. Step Up, Deflect, Parry, Punch
7. Brush Knee (left)	34. Move Hands Like Clouds	61. Parting Wild Horse's Mane (left)	88. Step Up to Grasp Bird's Tail
8. Strum the Pei Pa	35. Single Whip	62. Parting Wild Horse's Mane (right)	89. Single Whip
9. Brush Knee and Twist Step (left)	36. Reach Up to Pat Horse	63. Left Grasp Bird's Tail	90. Move Hands Like Clouds
10. Brush Knee and Twist Step (right)	37. Separate Foot to Right	64. Step Up to Grasp Bird's Tail	91. Single Whip
11. Brush Knee (left)	38. Separate Foot to Left	65. Single Whip	92. Reach Up to Pat Horse
12. Strum the Pei Pa	39. Turn and Kick	66. Fair Lady Works Shuttles (left)	93. Cross Hands to Penetrate
13. Brush Knee and Twist Step (left)	40. Brush Knee and Twist Step (left)	67. Fair Lady Works Shuttles (right)	94. Turn and Kick
14. Chop with Fist	41. Brush Knee and Twist Step (right)	68. Fair Lady Works Shuttles (left)	95. Chop with Fist
15. Step Up, Deflect, Parry, Punch	42. Step Up and Punch	69. Fair Lady Works Shuttles (right)	96. Brush Knee and Punch
16. Appear to Close Entrance	43. Turn and Chop with Fist	70. Left Grasp Bird's Tail	97. Step Up to Grasp Bird's Tail
17. Cross Hands	44. Step Up, Deflect, Parry, Punch	71. Step Up to Grasp Bird's Tail	98. Single Whip
18. Carry Tiger to Mountain	45. Right Foot Kick	72. Single Whip	99. Creeping Low Like a Snake
19. Whip Out Diagonally	46. Hit Tiger at Left	73. Move Hands Like Clouds	100. Step Up to Seven Stars
20. Fist Under Elbow	47. Hit Tiger at Right	74. Single Whip	101. Retreat to Ride Tiger
21. Go Back to Ward Off Monkey (R)	48. Right Foot Kick	75. Creeping Low Like a Snake	102. Turn Around to Sweep Lotus
22. Go Back to Ward Off Monkey (L)	49. Strike Ears with Fists	76. Golden Cock Stands on One Leg (L)	103. Draw Bow to Shoot Tiger
23. Go Back to Ward Off Monkey (R)	50. Left Foot Kick	77. Golden Cock Stands on One Leg (R)	104. Chop with Fist
24. Flying at a Slant	51. Turn and Kick	78. Go Back to Ward Off Monkey (R)	105. Step Up, Deflect, Parry, Punch
25. Step Up and Raise Hands	52. Chop with Fist	79. Go Back to Ward Off Monkey (L)	106. Appear to Close Entrance
26. White Stork Spreads Wings	53. Step Up, Deflect, Parry, Punch	80. Flying at a Slant	107. Cross Hands
27. Brush Knee (left)	54. Appear to Close Entrance	81. Step Up and Raise Hands	108. Closing of Tai Chi