

Tai Chi Chuan – Grand Ultimate Fist

1. Rising position
2. Wild horse spreads its hair to the left and right
3. White crane spreads its wings
4. Step forward, push the knee left and right
5. Hands play the guitar
6. Reverse flip the elbows left and right
7. Grasp the sparrows tail left
8. Grasp the sparrows tail right
9. Single whip
10. Wave hands in clouds
11. Single whip
12. On a high plain, look out for the horses
13. Thrust right leg out
14. Twin peaks strike the ears
15. Turn the body, thrust left leg out
16. Left low position and single leg stand
17. Right low position and single leg stand
18. Virgin works the shuttles, left and right
19. Under the ocean pick the needle
20. Lightning hands
21. Turn the body, strike the hammer out
22. Closed as if sealed
23. Cross hands posture
24. Closing position