

# T'ai-Chi Chuan – Movement List

Names of each movement as presented by Master T.T. Liang

These movements are shown in first dance of the video “T'ai Chi Chuan with Master T.T. Liang.” This video is part of the “Two by Demian” DVD. To see these movement names while Master Liang performs them, click on your remote for the Subtitles.



## “Two by Demian”

May be ordered from [Amazon.com](http://Amazon.com)

(Click above, or search Amazon for “Demian DVD Liang”)

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	Movement	Beats
1	Preparation	2
2	Beginning	6
3	Ward Off Left	6
4	Ward Off Right	4
5	Roll Back	4
6	Press	4
7	Push	4
8	Single Whip	6
9	Lifting Hands	2
10	Shoulder-Stroke	2
11	White Crane Spreading Wings	2
12	Brush Left Knee and Twist Step	4
13	Playing the Guitar	2
14	Brush Left Knee and Twist Step	4
15	Brush Right Knee and Twist Step	4
16	Brush Left Knee and Twist Step	4
17	Playing the Guitar	2
18	Brush Left Knee and Twist Step	4
19	Chop with Fist	2
20	Step Forward Deflect Downward Intercept and Punch	6
21	Withdraw and Push	4

22	<b>Crossing Hands</b>	4
23	<b>Embrace the Tiger to Return to the Mountain</b>	4
24	<b>Roll Back</b>	4
25	<b>Press</b>	4
26	<b>Push</b>	4
27	<b>Slanting Single Whip</b>	6
28	<b>Punch under the Elbow</b>	6
29	<b>Step Lack to Drive the Monkey Away (Right Style)</b>	4
30	<b>Step Back to Drive the Monkey Away (Left Style)</b>	4
31	<b>Step Back to Drive the Monkey Away (Right Style)</b>	4
32	<b>Step Back to Drive the Monkey Away (Left Style)</b>	4
33	<b>Step Back to Drive the Monkey Away (Right Style)</b>	4
34	<b>Diagonal Flying Posture</b>	4
35	<b>Lifting Hands</b>	2
36	<b>Shoulder-Stroke</b>	2
37	<b>White Crane Spreading Wings</b>	2
38	<b>Brush Left Knee and Twist Step</b>	4
39	<b>Needle at Sea Bottom</b>	4
40	<b>Fan Penetrates the Back</b>	4
41	<b>Turn Round and Chop</b>	4
42	<b>Step Forward Deflect Downward intercept and Punch</b>	6
43	<b>Step Forward and Ward Off Right</b>	4
44	<b>Roll Back</b>	4
45	<b>Press</b>	4
46	<b>Push</b>	4
47	<b>Single Whip</b>	6
48	<b>Waving Hands in the Clouds (Left)</b>	4
49	<b>Waving Hands in the Clouds (Right)</b>	4
50	<b>Waving Hands in the Clouds (Left)</b>	4
51	<b>Waving Hands in the Clouds (Right)</b>	4
52	<b>Waving Hands in the Clouds (Left)</b>	4
53	<b>Single Whip</b>	4
54	<b>High Pat on Horse</b>	4
55	<b>Separating Right Foot</b>	6
56	<b>Separating Left Foot</b>	6

57	<b>Turn Round and Strike with Heel</b>	4
58	<b>Brush Left Knee and Twist Step</b>	4
59	<b>Brush Right Knee and Twist Step</b>	4
60	<b>Step Forward and Punch Downward</b>	4
61	<b>Turn Back and Chop with Fist</b>	4
62	<b>Step Forward, Deflect Downward, Intercept and Punch</b>	6
63	<b>Kick Upward with Right Foot</b>	4
64	<b>Strike Tiger (Left Style)</b>	4
65	<b>Strike Tiger (Right Style)</b>	4
66	<b>Kick Upward with Right Foot</b>	4
67	<b>Strike with Both Fists</b>	4
68	<b>Kick Upward with Left Foot</b>	4
69	<b>Turn Round and Kick with Sole</b>	6
70	<b>Chop with Fist</b>	2
71	<b>Step Forward, Deflect Downward, Intercept and Punch</b>	6
72	<b>Withdraw and Push</b>	4
73	<b>Crossing Hands</b>	4
74	<b>Embrace the Tiger to Return to the Mountain</b>	4
75	<b>Roll Back</b>	4
76	<b>Press</b>	4
77	<b>Push</b>	4
78	<b>Horizontal Single Whip</b>	6
79	<b>Parting Wild Horse Mane – Right</b>	4
80	<b>Parting Wild Horse Mane – Left</b>	4
81	<b>Parting Wild Horse Mane – Right</b>	4
82	<b>Ward Off Left</b>	4
83	<b>Step Forward and Ward Off Right</b>	4
84	<b>Roll Back</b>	4
85	<b>Press</b>	4
86	<b>Push</b>	4
87	<b>Single Whip</b>	6
88	<b>Fair Lady Weaving at Shuttle (1)</b>	6
89	<b>Fair Lady Weaving at Shuttle (2)</b>	6
90	<b>Fair Lady Weaving at Shuttle (3)</b>	6
91	<b>Fair Lady Weaving at Shuttle (4)</b>	6

92	<b>Ward Off Left</b>	4
93	<b>Step Forward and Ward Off Right</b>	4
94	<b>Roll Back</b>	4
95	<b>Press</b>	4
96	<b>Push</b>	4
97	<b>Single Whip</b>	6
98	<b>Waving Hands in the Clouds (Left)</b>	4
99	<b>Waving Hands in the Clouds (Right)</b>	4
100	<b>Waving Hands in the Clouds (Left)</b>	4
101	<b>Waving Hands in the Clouds (Right)</b>	4
102	<b>Waving Hands in the Clouds (Left)</b>	4
103	<b>Single Whip</b>	4
104	<b>Single Whip Squatting Down</b>	4
105	<b>Golden Rooster Standing on One Leg (Right)</b>	2
106	<b>Golden Rooster Standing on One Leg (Left)</b>	2
107	<b>Step Back to Drive the Monkey Away (Right)</b>	4
108	<b>Step Back to Drive the Monkey Away (Left)</b>	4
109	<b>Step Back to Drive the Monkey Away (Right)</b>	4
110	<b>Step Back to Drive the Monkey Away (Left)</b>	4
111	<b>Step Back to Drive the Monkey Away (Right)</b>	4
112	<b>Diagonal Flying Posture</b>	4
113	<b>Lifting Hands</b>	2
114	<b>Shoulder-Stroke</b>	2
115	<b>White Crane Spreading Wings</b>	2
116	<b>Brush Left Knee and Twist Step</b>	4
117	<b>Needle at Sea Bottom</b>	4
118	<b>Fan Penetrates Back</b>	4
119	<b>Turn Round and White Snake Puts Out Tongue</b>	4
120	<b>Step Forward Deflect Downward Intercept and Punch</b>	6
121	<b>Step Forward and Ward off Right</b>	4
122	<b>Roll Back</b>	4
123	<b>Press</b>	4
124	<b>Push</b>	4
125	<b>Single Whip</b>	6
126	<b>Waving Hands in the Clouds (Left)</b>	4

127	<b>Waving Hands in the Clouds (Right)</b>	4
128	<b>Waving Hands in the Clouds (Left)</b>	4
129	<b>Waving Hands in the Clouds (Right)</b>	4
130	<b>Waving Hands in the Clouds (Left)</b>	4
131	<b>Single Whip</b>	4
132	<b>High Pat on Horse</b>	4
133	<b>Thrusting Hand</b>	4
134	<b>Turn Round and Kick With Sole</b>	4
135	<b>Brush Knee and Punch Groin</b>	4
136	<b>Step Forward and Ward Off Right</b>	4
137	<b>Roll Back</b>	4
138	<b>Press</b>	4
139	<b>Push</b>	4
140	<b>Single Whip</b>	6
141	<b>Single Whip Squatting Down</b>	4
142	<b>Step Forward to the Sever Star</b>	2
143	<b>Step Back to Ride the Tiger</b>	2
144	<b>Turn Round and Sweep With Leg</b>	6
145	<b>Bend the Bow and Shoot Tiger</b>	4
146	<b>Turn Body and Chop</b>	4
147	<b>Step Forward, Deflect Downward, Intercept and Punch</b>	6
148	<b>Withdraw and Push</b>	4
149	<b>Crossing Hands</b>	4
150	<b>Conclusion of Tai-Chi</b>	4