

Sudden Valley Tai Chi

48 Form List of Moves with Description

Section1

Commencement Form

Transition to the left holding ball over the left side

1. White Crane Flashes its Wings

Step behind into bow stance with right foot. Slide left foot to the right as right hand comes up to block sun. Transition: Arms gently swing into preparation position for Brush Knee.

2. Brush Knee and Twist Step

Step into bow stance and Brush Knee. Lean back, pivot on left heel as arms float around to hold the ball at the right 45, right hand on bottom. Step into bow stance, touching right pulse point with fingers on left hand gathering energy in the palm (Waiter).

3. Single Whip

Set the beak, step into bow stance left foot forward, adjust the back foot

4. Strum the Lute

Transition: Step up with right foot, shift weight left then right as you set the left heel down at the same time hands set to Strum the Lute.

5. Wipe Off and Wrist Press, Right, Left, Right

Left foot steps or slides left, wipe off to the 45, Wrist Press right, left-small inner circle, right

6. Strike, Parry & Punch - left

Preset left foot, strike with left hollow fist, Parry: right hand and foot move up together. Punch. Transition: Right hand runs down the left arm from wrist to elbow. Hold the ball left hand on the bottom, torso facing toward the 45.

7. Ward off, Grasp the Sparrows Tail

Step into bow stance, Ward Off with left arm, Grasp the Sparrows Tail, palm press, roll back, toe up and push.

Section 2

8. Lean Obliquely

Pivot on left heel, gather with hollow fists, cross wrists at throat, left hand on the outside. Step into bow stance, right fist comes up to forehead, glance down at lower fist.

Transition: Release right fist, step parallel, right hand palm facing downward over left elbow, left hollow fist under right elbow facing downward.

9. Eagle Wings, Fist under Elbow

Release left fist, turn palm up, palms cross, spread wings. Transition: Left foot step out to the 45, step parallel. Thread left hand up making hollow fist with right hand under left elbow.

10. Drive the Monkey Back - right, left, right, left

Right hand gently swings back toward the 45 as torso turns, glance over fingertips, gather, palms cross without touching. Step behind with left foot, adjust front foot by pivoting on toe, left hand gently swings back as torso turns. Glance over fingertips, gather, palms cross. Repeat

11. Diagonal Brush Knee - four directions

Step behind, pivot on heel, Brush Knee to the 45 to the left. Step behind and pivot on heel, Brush Knee to the right. Shift weight to right leg, step in with left foot, pivot right heel and Brush Knee to left. Step behind, pivot on heel, Brush Knee to the right.

12. Lift Hands

Small wipe off right palm over left as you step up with left foot and gather into Lift Hands.

13. Brush Knee and Punch Downward

Bring right foot in, hold chi ball at the 45, right hand on bottom. Step out into bow stance, touching right pulse point with left fingers (Waiter), swirl energy in the palm of the hand. Shift weight to right leg, step left foot in, right hand floats over front to Brush Knee, left fist comes down diagonal for groin punch.

Section 3

14. White Snake Flashes Tongue

Left fist opens and turns in as right hand turns in to hold the ball, float it as if on a rainbow, pivot on right heel, then pivot on left heel to 45, letting right heel raise as weight shifts, bending knees only to the point of comfort; right "snake" hand crosses over left palm and rises up. Standing up, step right foot forward, toe to 45; left "snake" hand slides over right palm and rises up.

15. Slap Kick to Subdue Tiger - right and left

Weight on right leg, step into bow stance with left leg while right arm circles up to block sun and left arm comes down in a diagonal block. Raising right knee, slap kick on the right. Both arms to the right at shoulder level, glance over the top on your hand, step to the left with right foot. Step into bow stance, left fist facing out at the upper dan tien, right fist faces downward at lower dan tien (Tiger Strike). Lean back wipe off to the 45.

Weight on left leg, step into bow stance with right leg while left arm circles up to block sun and right arm comes down in a diagonal block. Raising left knee, slap kick on

the left. Both arms to the left at shoulder level, glance over the top of your hand, step to the right with the left foot. Step into bow stance, right fist facing out at the upper dan tien, left fist facing downward at the lower dan tien (Tiger Strike).

16. Turn Left to Strike

Lean back, wipe off to the left diagonal, arms swing around as weight shifts to right, left hand forms hollow fist, right fingers touch left pulse point. Step into bow stance at the left 45, strike with left fist. bringing hands to heart center holding ball briefly, pulling taffy to the back 45, looking over right fingertips, wrists flexed, left toe up.

17. Lower Body with Piercing Fist

Shift weight to the left leg while bringing hollow fist under elbow. Thread left fist upward on the outside of the right arm passing fist, step or slide out with right leg to the 45, seesaw arms ending with right fist upward.

18. Thai Dancers 1 & 2 (Stand on One Leg to Prop up Palm)

Shift the weight to the right leg. Left hand comes up closest to the body and turns palm up on the top of the golden thread, right hand palm down over raised left ankle. Step with left foot as right hand goes on top of the golden thread, palm up, and left hand palm down over raised right ankle.

Transition: Step right foot back into a bow stance, wipe off to the left 45 turning torso to the right 45, arms follow then touch left pulse points with right fingers gathering energy in the palm of the hand.

19. Single Whip

Set the beak and step into a bow stance, adjust the back foot to the 45. Transition into Wave Hands Like Clouds.

Section 4

20. Wave Hands like Clouds - right

On cloud 5, flare foot to the 45 then step parallel holding the ball right hand on the bottom.

21. Part the Mustang's Mane right then left

Step out into a bow stance to the right 45 then left 45. Transition: Step behind with right foot, pivot on left toe

22. High Pat on Horse

Right hand gathers, Pat the High Horse. Transition: Simultaneously step left while left hand swirls out to the left, beginning the figure 8, at the same time the right hand, palm down, is swirling to the right, then followed by right wipe off, gather.

23. Right Heel Kick

Palms outward.

24. Strike Ears with Both Fists

As in the 24 Form, at your own ear level, gather.

25. Left Heel Kick

Palms outward.

26. Strike with Hidden Fist

Hide the right fist with left hand, weight on the right leg. Step out with left foot, strike with right hand, Step up with right foot.

27. Needle at the Bottom of the Sea

28. Flash Arms Fan Hands

Cross palms, step out into bow stance, flash arms and fan hands. Pivot as far as you can on the left heel. Gather wide.

Section 5

29. Turn, Kick with Right and Left Toes

Bring the right foot in after pivot of left heel, palms face inward as you Right Toe Kick. Step forward with right foot, wipe off to the 45, gather, left hand on outside. Left Toe Kick, bring arms in position for left Brush Knee.

30. Brush Knee, Left, Right

Step into Left Brush Knee. Transition and step into Right Brush Knee.

31. Step Forward to Punch (Fist Over Fingertips)

Lean back right toe up, left hand palm upward. Shift the weight to the right as you roll onto your right foot, condensing the chi ball. Wipe off, left arm gently swings out to the left, right arm gently swings out to the right as you step into a bow stance with left leg, the left palm turns downward at the same time as your right hand forms a hollow fist at right hip, punch over fingertips until the right elbow is over the fingertips. Step up with right foot.

32. Apparent Close Up

Open both palms upward, turn torso to the right, gather, shift the weight to the right leg, turn the hands outward. Step into bow stance with left foot as you push hands to the side wall (apparent close up as in 24 form).

33. Wave Hands like Clouds - left

Pivot on left heel. After cloud one, pull the right foot back to line up with left foot.

34. Turn Right to Strike (at the 45)

After cloud five, left palm turns upward at 45. Weight is on left leg. Step back with right leg, palms cross, step back with left leg (foot facing side), arms gently swing

around, right hand forming hollow fist at upper chest, left fingers on right pulse point. Weight is on left leg. Step into bow stance, adjust back foot, if needed, strike at right 45.

Transition: Lean back, right toe up, wipe off to the left 45 as you pivot on right heel. Shift the weight back to the right pulling in the left foot.

35. Work the Shuttles - Left & Right

Touch left pulse point with right fingers, left palm upward. (Waiter) Swirl the chi to the left 45. Step up with right foot, continue to touch pulse point bringing hands in front turning slightly to the right 45. Hands separate as you step into bow stance and Work the Shuttles left. Lean back, left toe up, wipe off, left heel pivot to the side wall, pull in right foot, touch right pulse point with left fingers. (Waiter) Swirl the chi to the 45, step left foot up. Separate hands, step into Work the Shuttles right.

36. Step Back and Thread Palm

Step back into bow stance with right foot to the 45, right palm downward, left palm upward, as left arm threads over right down to elbow.

Section 6

37. Turn, Press Down Palms on Empty Step

Lean back, left toe up, as left palm floats toward forehead without touching, right hand floats at waist height.. Pivot on left heel to the back 45, shift weight to left. Both hands press down.

38. Stand on One Leg and Lift Palm

Right palm up as it pulls the right knee up. Left hand faces outward at the shoulder level. Both hands raise up to eye level. Step out to the 45 with the right foot as right hand goes toward left elbow (a Brush Knee hand type position). Right hand circles down and around until it is at an upper diagonal (eyes glance over fingertips), weight on right leg.

39. Push Forearm on Horse Stance

Step into horse stance as both arms come down rapidly, right hand cupping left elbow area (left hand hollow fist). Feet are parallel facing the 45.

40. Turn body with Large Strokes

Arms float up to shoulder height at the right 45 and swing around at shoulder level. Make full turn: Pivot on left heel to 45; step around with right foot to opposite 45, pivot left toe, left foot steps back into bow stance to 45, right hand hollow fist at shoulder height. Shift weight to right, right hand to forehead as left fist to groin,

41. Scoop Palm and Snake Creeps Down

Shift weight to left as open right palm, arm comes around and scoops, left fingertips on pulse point. Shift weight to right as set beak (right hand). Step out into Snake Creeps Down. Right hand tail, left palm outward at chest height.

42. Step Up to Seven Stars

Shift all weight to left, step forward with right empty step. Left hand turns inward forming fist as right hand comes up (hollow fist) on outside. Cross wrists.

43. Stand on Right Leg and Ride the Tiger

Step back at 45 with right leg, wrists come down to right hip. Left hand swings palm downward in front of body, torso at 45. Turn forward, right hand facing body downward.

44. Turn Body and Sweep Lotus

Pull left ankle up with right hand and make beak at 45 with left hand. Cross left foot over right foot as far as possible, post toe. Touch left forearm with right fingers. Full pivot. Arms out parallel to 45, lift right leg. Hands come down to two-handed slap on leg. Hands go up and left. Leg goes into bow stance as hands come back down to right side.

45. Draw Bow to Shoot Tiger

Draw bow (left hand outstretched, right hand draws bow).

46. Strike, Parry and Punch

Lean back, wipe off, strike, parry, punch.

47. Right Ward Off, Roll Back, Press and Push

Right Ward Off while holding chi ball Grasp Sparrow's Tail and push, wipe off and press.

Transition: Lean back, right toe up, pull hands in, pivot as far as possible left, step into bow stance. Left hand forward. Lean back, pivot on left heel, gather, bring right foot in.

48. Cross Hands.

Cross hands at wrists (left hand on outside); shift weight to right, wipe off right over left, palms downward to close, step in with left foot..