

Inner Health Tai Chi - Lok Hup Ba Fa Set List

1. Stop Cart & Ask Directions
2. Rein in Horse at Cliff
3. Close Door & Push Moon
4. Part Clouds & See Sun
5. Rein in Horse at Cliff
6. Replace Star with North Star
7. Geese fly in pairs
8. Close Door & Push Moon
9. Lone Goose Leaves Flock
10. Wild Horse Chases Wind
11. River Flows Endlessly
12. Crouching Tiger Listens to Wind
13. Feint East and Strike West
14. Green Dragon Stretches Claws
15. Nine Circles to form the pill
16. Part Clouds and See Sun
17. Push Boat with Current
18. Angry Horse Turns Head
19. Flowers Fall on Inkstone
20. Running Water in High Mountains
21. Child Delivers Letter
22. Lumberjack Carries Logs
23. Heavenly Lord Points at Star
24. Five Clouds Encircle Sun
25. Support Sky & Cover Earth
26. Swallow Skims Water
27. Morning Sunshine Fills the Ears
28. Intercept & Double Push
29. Gentle Wind Sweeps Leaves
30. Swallow Carries Sand
31. Monkey Picks Fruit
32. Fierce Tiger Turns Head
33. Swirl The Universe
34. Wind Sways Lotus Leaves
35. Cover Hand and Punch Forward
36. Cover Face with Pipa
37. Comet Chases Moon
38. Swallow Flies Diagonally
39. Phoenix Faces Sun
40. Stir Lakes & Seas
41. Ride Backwards on Dragon
42. Raccoon Catches Butterfly
43. Lift Beam & Change Pillar
44. Wind Swirls Clouds
45. Dragon Shows Body
46. Black Dragon Swings Tail
47. Share Autumn Scene Equally
48. Enjoy Flowers on Horses Back
49. Supreme Star honours North Star
50. Swallow Penetrates Clouds
51. Raise Hand To Form Seven Stars
52. Geese Fly Horizontally
53. Yellow Dragon Turns Body
54. Five Saints Worship Heaven
55. Hide Lotus Under Leaves
56. Phoenix Opens Wings
57. White Crane Pecks Food
58. Moon Hangs On Pine Top
59. Pull Ox's Tail
60. Child Holds a Qin
61. Rhinoceros Looks at Moon
62. Bird Flies Through Forest
63. Red Dragon Stirs Water
64. Wind Stirs Lotus Leaves
65. Chi Rises to Mount Kun Lun
66. Store Chi & Open All Gates