

## Inner Health Tai Chi - 18 Form List

1. Commencement
2. Grasp Bird's Tail
3. Single Whip
4. Cloud Hands
5. Single Whip
6. Snake Creeps Low
7. Golden Roosters
8. Repulse Monkey(s)
9. Diagonal Flying
10. Set Up and Raise Hands
11. White Stork Cools Wings
12. Brush Knee(s)
13. Turn and Sweep Lotus
14. Draw Bow to Shoot Tiger
15. Chop With Fist
16. Step up, Deflect Parry, Punch
17. Appear to Close Entrance
18. Cross Hands