

## 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. Separate feet
14. Turn and Sweep Lotus
15. Draw Bow to Shoot Tiger
16. Chop With Fist, Deflect, Parry, Punch
17. Appear to Close Entrance
18. Cross Hands