

FU style Tai-Chi Chuan

- 1) Wu Chi
- 2) Beginning
- 3) Parry and punch
- 4) Diagonal flying
- 5) Diagonal flying
- 6) White crane spreads out its wings
- 7) Brush knee and push
- 8) Brush knee and push
- 9) Brush knee and push
- 10) Strum the lute
- 11) Repulse monkey
- 12) Repulse monkey
- 13) Repulse monkey
- 14) Repulise monkey
- 15) Grab the bird's tail
- 16) Grab the bird's tail
- 17) Single whip
- 18) Move hands like clouds
- 19) Move hands like clouds
- 20) Move hands like clouds
- 21) Move hands like clouds
- 22) Single whip
- 23) Pressing palm
- 24) Left stretching heel kick forward
- 25) Right stretching heel kick forward
- 26) Double punch
- 27) Stretching heel kick to the left
- 28) Snake creeps down left
- 29) Bird stands on left leg
- 30) Snake creeps down right
- 31) Bird stands on right leg
- 32) Fair lady at the shuttles right
- 33) Fair lady at the shuttles left
- 34) Needle at the bottom of the sea
- 35) Fan through the back
- 36) White snake sticks out it's tongue
- 37) Spirial with back hand punch
- 38) Step up, intercept
- 39) Move like closing a door
- 40) Cross hands
- 41) Conclusion