

The 108 postures of the Wu family style of Tai chi Chuan
as taught by Grand Master Wu Kung Tsao

1. Begin T'ai Chi Form - The Beginning of T'ai Chi - The Preparation Form 太極起式
2. Raise Hands Above Posture - Raise Hands - Raise Hand and Step Up 提手上勢
3. Hand Plays P'i P'a - Play Guitar - Hand Strums the Lute 手揮琵琶
4. Grasp Bird's Tail 攬雀尾
5. Single Whip 單鞭
6. Slant Flying Posture (also known as Slant Single Whip) - Flying Oblique 斜飛勢 (斜單鞭)
7. Raise Hands Above Posture 提手上勢
8. White Crane Spreads Wings - White Stork Flaps its Wings 白鶴亮翅
9. Brush Knee Push Step Left and Right 4 Times - Brush Knee Twist Step 擡膝拗步左右四度
10. Hand Plays P'i P'a 手揮琵琶
11. Step Forward, Deflect, Parry, Punch - Step Up Diverting and Blocking Fist 進步搬攔捶
12. As If Seemingly Sealed Shut (also known as Push Forward) - As if Closing Up 如封似閉 (進按)
13. Carry Tiger to the Mountain - Tiger and Leopard Spring to the Mountain 抱虎歸山
14. Cross Hands 十字手
15. Slant Brush Knee Push Step 斜擡膝拗步
16. Turn Body Brush Knee Push Step 轉身擡膝拗步
17. Grasp Bird's Tail 攬雀尾
18. Single Whip (also known as Slant Single Whip) 單鞭 (斜單鞭)
19. Fist Under Elbow Punch 肘底看捶
20. Fall to Repulse Monkey Left and Right 3 Times 倒攆猴左右三度
21. Slant Flying Posture 斜飛勢
22. Raise Hands Above Posture 提手上勢
23. White Crane Spreads Wings 白鶴亮翅
24. Brush Knee Push Step 擡膝拗步
25. Sea Bottom Needle - Needle at Sea Bottom - Needle at the Bottom of the Sea 海底針
26. Fan Through Back - Play Arms like a Fan 扇通背
27. Rotate Body Away Body Punch - Strike Fist to Back - Parry and Punch 翻身撇身捶
28. Step Back, Deflect, Parry, Punch - Move Step Diverting and Blocking Punch 退步搬攔捶
29. Step Up Grasp Bird's Tail 上步攬雀尾
30. Single Whip 單鞭
31. Cloud Hands (3 Times) 雲手 (三度)
32. Single Whip 單鞭
33. Left High Pat Horse 左高探馬
34. Right Separate Foot Kick - Right Parting Leg 右分腳
35. Right High Pat Horse 右高探馬
36. Left Separate Foot Kick - Left Parting Leg 左分腳
37. Turn Body Kick with Heel - Turn Body Pedalling Foot 轉身蹬腿

38. Brush Knee Push Step Twice 摟膝拗步二度
39. Step Forward Punch Down 進步栽捶
40. Rotate Body Away Body Punch 翻身撇身捶
41. High Pat Horse 高探馬
42. Right Separate Hands 右分手
43. First Raise Foot Kick 一起腳
44. Step Back Seven Stars 退步七星
45. Step Back Hit Tiger Posture - Retreat Step Beat the Tiger 退步打虎勢
46. Second Raise Foot Kick 二起腳
47. Double Peaks Pierce Ears - Strike the Ears with Double Fists 雙峰貫耳
48. Lean Back Kick with Toe - Open Body and Kick 披身踢腿
49. Turn Body Kick with Heel 轉身蹬腿
50. High Pat Horse 高探馬
51. Step Forward, Deflect, Parry, Punch 進步搬攔捶
52. As If Seemingly Sealed Shut (also known as Push Forward) 如封似閉 (進按)
53. Carry Tiger to the Mountain 抱虎歸山
54. Cross Hands 十字手
55. Slant Brush Knee Push Step 斜摟膝拗步
56. Turn Body Brush Knee Push Step 轉身摟膝拗步
57. Grasp Bird's Tail 攬雀尾
58. Single Whip (also known as Slant Single Whip) 單鞭 (斜單鞭)
59. Hand Plays P'i P'a 手揮琵琶
60. Wild Horse Separate Mane - Parting the Wild Horse's Mane 野馬分鬃
61. Hand Plays P'i P'a 手揮琵琶
62. Wild Horse Separate Mane 3 Times 野馬分鬃三度
63. Hand Plays P'i P'a 手揮琵琶
64. Wild Horse Separate Mane 野馬分鬃
65. Jade Lady Works Shuttles Twice - Jade Girl Works at the Shuttle 玉女穿梭二度
66. Hand Plays P'i P'a 手揮琵琶
67. Wild Horse Separate Mane 野馬分鬃
68. Jade Lady Works Shuttles Twice - Jade Girl Works at the Shuttle 玉女穿梭二度
69. Grasp Bird's Tail 攬雀尾
70. Single Whip 單鞭
71. Cloud Hands (3 Times) 雲手 (三度)
72. Single Whip 單鞭
73. Downward Posture (also known as Snake Creeps Down Posture) 下勢 (蛇身下勢)
74. Left Golden Rooster on One Leg - Golden Cockerel Standing on One Leg 左金雞獨立
75. Right Golden Rooster on One Leg 右金雞獨立
76. Fall to Repulse Monkey Left and Right 3 Times 倒攆猴左右三度
77. Cross Slant Flying Posture 橫斜飛勢
78. Raise Hands Above Posture 提手上勢

79. White Crane Spreads Wings 白鶴亮翅
80. Brush Knee Push Step 擡膝拗步
81. Sea Bottom Needle 海底針
82. Fan Through Back 扇通背
83. Rotate Body Away Body Punch 翻身撇身捶
84. Step Up, Deflect, Parry, Punch 上步搬攔捶
85. Step Up Grasp Bird's Tail 上步攬雀尾
86. Single Whip 單鞭
87. Cloud Hands (3 Times) 雲手 (三度)
88. Single Whip 單鞭
89. High Pat Horse 高探馬
90. Slap Face Palm - Palm Goes to Meet the Face 撲面掌
91. Rotate Body Single Swing Lotus - Turn Body Cross Swing Lotus 翻身單擺蓮
92. Brush Knee Push Step 擡膝拗步
93. Step Up Finger Stop Punch - Pointing to the Crotch Punch 上步指擋捶
94. Step Up Grasp Bird's Tail 上步攬雀尾
95. Single Whip 單鞭
96. Downward Posture (also known as Snake Creeps Down Posture) 下勢 (蛇身下勢)
97. Step Up Seven Stars 上步七星
98. Step Back Ride Tiger 退步跨虎
99. Turn Body Slap Face Palm - Turn Body Hit Face Palm 轉身撲面掌
100. Rotate Body Double Swing Lotus - Turn Body Double Swing Lotus 翻身雙擺蓮
101. Bend Bow Shoot Tiger - Curve Bow Shoot Tiger 彎弓射虎
102. High Pat Horse 高探馬
103. Slap Face Palm 撲面掌
104. Rotate Body Away Body Punch 翻身撇身捶
105. Step Up High Pat Horse 上步高探馬
106. Step Up Grasp Bird's Tail 上步攬雀尾
107. Single Whip 單鞭
108. Conclusion of T'ai Chi - Closing T'ai Chi 合太極