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THE NAMES OF  
THE MOVEMENTS

在

IN KAI HE (HARD SET)

HAO STYLE

T'AI CHI CH'UAN

拳

ENGLISH (Chinese)

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1. Preparation - **Yu bei shi**
2. Kai He - **Kai He**
3. Kai He - **Kai He**
4. Single Whip - **Dan bian**
5. Raise Hand And Step Up - **Ti shou shang shi**
6. Fair Lady Works At The Shuttle - **Yu nü chuan suo**
7. Kai He - **Kai He**
8. Brush Left Knee And Push - **Zuo xi niu bu**
9. Kai He - **Kai He**
10. Brush Left Knee And Push - **Zuo xi niu bu**
11. Step Up, Parry And Punch - **Shang bu ban lan chui**
12. Retreat And Seal - **Ru feng si bi**
13. Carry The Tiger And Push The Mountain - **Bao hu tui shan**
14. Kai He - **Kai He**
15. Single Whip - **Dan bian**
16. Fist Under The Elbow- **Zhou di kan chui**
17. Repulse The Monkey - **Dao nian hou**
18. Fair Lady Works At The Shuttle- **Yu nü chuan suo**
19. Kai He - **Kai He**
20. Brush Left Knee And Push - **Zuo xi niu bu**
21. Kai He - **Kai He**
22. Needle At Seabottom - **Hai di zhen**
23. Fan Through The Back - **Shan tong bei**
24. Turn The Body - **Fan shen**
25. Step Up And Push -



- 62. Fan Through The Back - **Shan tong bei**
- 63. Turn The Body - **Fan shen**
- 64. Step Up And Push -
- 65. Kai He - **Kai He**
- 66. Single Whip - **Dan bian**
- 67. Cloud Hands - **Yun Shou**
- 68. Single Whip - **Dan bian**
- 69. Push To The Heart - **Dui xin zhang**
- 70. Turn And Make The Single Lotus Kick - **Zhuan shen shi zi bai lian**
- 71. Step Up And Punch To The Crotch - **Shang bu zhi(dang) chui**
- 72. Kai He - **Kai He**
- 73. Single Whip - **Dan bian**
- 74. Single Whip Low Posture - **Dan bian xia shi**
- 75. Step Up And Punch To The Seven Stars - **Shang bu qi xing**
- 76. Step Back And Ride The Tiger - **Tui bu kua hu**
- 77. Turn And Make The Double Lotus Kick - **Zhuan jiao bai lian**
- 78. Shoot The Tiger With The Curved Bow - **Wan gong she hu**
- 79. Strike With Double Fists - **Shuang bao chui**
- 80. Step Back And Make Kai He - **Tui bu kai he**
- 83. Close Kai He - **Shou shi Kai He**

- 26. Kai He - **Kai He**
- 27. Single Whip - **Dan bian**
- 28. Cloud Hands - **Yun Shou**
- 29. Single Whip - **Dan bian**
- 30. High Pat On Horse - **Gao tan ma**



- 31. Kick With The Right Foot - **You qi jiao**
- 32. Kick With The Left Foot - **Zuo qi jiao**
- 33. Turn And Kick With The Left Foot - **Zhuan shen ceng jiao**
- 34. Brush Left Knee And Push - **Zuo xi niu bu**
- 35. Brush Right Knee And Push - **You xi niu bu**
- 36. Step Forward And Punch Down - **Jian bu da chui**

37. Turn And Step Forward And Punch - **Zhuan Shang bu ban lan chui**
38. Kick With The Right Foot - **You qi jiao**
39. Kick With The Left Foot - **Zuo qi jiao**
40. Turn And Kick With The Right Foot - **Zhuan you qi jiao**
41. Step Up, Parry And Punch - **Shang bu ban lan chui**
42. Retreat And Seal - **Ru feng si bi**
43. Carry The Tiger And Push The Mountain - **Bao hu tui shan**
44. Kai He - **Kai He**
45. Diagonal Single Whip - **Xie dan bian**
46. Wild Horse Parts Its Mane - **Ye ma fen zong**
47. Kai He - **Kai He**
48. Single Whip - **Dan bian**
49. Fair Lady Works At The Shuttle - **Yu nü chuan suo**
50. Kai He - **Kai He**
51. Single Whip - **Dan bian**
52. Cloud Hands - **Yun Shou**
53. Single Whip - **Dan bian**
54. Single Whip Low Posture - **Dan bian xia shi**
55. Golden Cock Stands On One Leg - **Geng ji du li**
56. Repulse The Monkey - **Dao nian hou**
57. Fair Lady Works At The Shuttle - **Yu nü chuan suo**
58. Kai He - **Kai He**
59. Brush Left Knee And Push - **Zuo xi niu bu**
60. Kai He - **Kai He**
61. Needle At Seabottom - **Hai di zhen**

