

William C.C. Chen's T'ai Chi Ch'uan

The Names of the Sixty Movements

First Section

1. Preparation 1 2 3
2. Beginning 1 2 3 4 5 6
3. Ward Off with Left Hand 1 2 3 4
4. Ward Off with Right Hand 1 2 3 4 5
5. Roll Away (Roll Back) 1 2 3
6. Press 1 2
7. Push 1 2
8. Single Whip 1 2 3 4 5 6 7
9. Lifting the Hands 1 2 3
10. Shoulder Strike 1 2 3
11. White Crane Spreads its Wing 1 2
12. Cross Over the Knee and Step (Brush Knee Twist) 1 2 3 4
13. Playing the Guitar (Playing the Pipa) 1 2 3
14. Cross Over the Knee and Step (Brush Knee Twist) 1 2 3 4
15. Step Up, Deflect, Intercept (Parry) and Punch 1 2 3 4 5 6
16. Get the (Diving for) Needle at the Sea Bottom 1 2 3 4
17. Spread Arm Like a Fan (Fan Through Back) 1 2 3
18. Turn and Strike with Back Fist 1 2 3 4 5 6
19. Withdraw and Push 1 2 3 4 5
20. Crossing Hands 1 2 3 4 5 6

Second Section of William C.C. Chen's 60 Movements

21. Retreat to Mountain Camp for Rematch (Carry Tiger to Mountain) 1 2 3 4
22. Roll Away (Roll Back) 1 2
23. Press 1 2
24. Push 1 2
25. Diagonal Single Whip 1 2 3 4 5 6 7
26. A Fist Under the Elbow 1 2 3 4 5
27. Step Back to Drive the Monkey Away (Repulse Monkey) 1 2 3 4
28. Diagonal Flying Posture (Slanting Flying) 1 2 3 4
29. Waving Hands in the Clouds (Cloud Hands) 1 2 3 4 5
30. Single Whip 1 2 3 4 5 6
31. Snake Creeps Down (Low Single Whip) 1 2 3 4
32. Golden Pheasant (or Rooster/Cock) Stands on Left Leg 1 2 3
33. Golden Pheasant (or Rooster/Cock) Stands on Right Leg 1 2
34. Kick with Right Foot (Separate Right Leg) 1 2 3 4 5 6
35. Kick with Left Foot (Separate Left Leg) 1 2 3 4 5
36. Turn Around and Strike with Heel (Kick with Sole) 1 2 3 4
37. Step Up and Strike with Fist 1 2 3
38. Strike Ears with Fists 1 2 3
39. Roll Away (Roll Back) 1 2 3
40. Press 1 2
41. Push 1 2
42. Single Whip 1 2 3 4 5 6 7
43. Fair Lady Weaves the Shuttle (1) 1 2 3 4 5 6
44. Fair Lady Weaves the Shuttle (2) 1 2 3 4
45. Fair Lady Weaves the Shuttle (3) 1 2 3 4
46. Fair Lady Weaves the Shuttle (4) 1 2 3 4
(Altogether the previous four are referred to as
"Fair Lady Weaving at the Shuttles in the four Directions")
47. Ward Off with Left Hand 1 2 3 4
48. Ward Off with Right Hand 1 2 3 4 5
49. Roll Away (Roll Back) 1 2 3
50. Press 1 2
51. Push 1 2
52. Single Whip 1 2 3 4 5 6 7
53. Snake Creeps Down (Low Single Whip) 1 2 3 4
54. Step Up to Seven Stars of the Dipper 1 2 3
55. Step Back to Ride the Tiger 1 2 3
56. Turn Around with the Lotus Kick (Sweep Lotus Kick) 1 2 3 4 5
57. Bend the Bow to Shoot the Tiger 1 2 3
58. Step Up, Deflect, Intercept (Parry) and Punch 1 2 3 4 5 6
59. Withdraw and Push 1 2 3
60. Crossing Hands 1 2 3 4 5 6