

# 14-Step T'ai Chi Ch'uan

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1	N	Beginning
2	N	Opening T'ai Chi
3	N	Step Forward and Press
4	E	Playing Lute - Right
5	E	Grasping the Sparrow's Tail 1 – NE – Pull Down, Left 2 – E – Ward Off, Upward Right 3 – NE – Roll Back, Left 4 – E – Press, Forward 5 – NE – Double Roll Back 6 – E – Double Push
6	SW	Diagonal Single Whip
7	SW	Deflect Right and Left
8	N	Lift Hands
9	N	White Crane Spreads Wings – Left and Right
10	W	Brush Knee and Push – 3 times
11	W	Playing Lute – Left
12	W - SW	Feet Together, Step Up, Deflect, Parry and Punch
13	SW	Withdraw and Push
14	N	Crossing Hands