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The 108 Moves Of The Tai Chi Set

1. Opening Of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Step Up And Raise Hands
6. White Stork Spreads Wings
7. Brush Knee (left)
8. Strum The Pei Pa
9. Brush Knee And Twist Step (left)
10. Brush Knee And Twist Step (right)
11. Brush Knee (left)
12. Strum The Pei Pa
- 13.

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