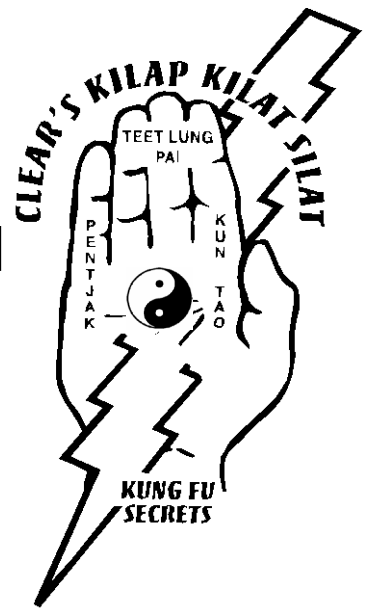


Clear's Tai Chi™

(48 Form Set)



1. Opening
2. Rise and Fall
3. Hawk Soars to Heaven
4. Split the Horse's Mane (L,R,L)
5. White Crane 1
6. White Crane 2
7. Brush Knee, Twist Step (L,R,L)
8. Strum the Pipa
9. Monkey Retreats (L,R,L)
10. Grasp the Sparrow's Tail (L)
11. Twin Dragons Turning Ball (L)
12. Stroke the Horse's Mane (L)
13. Press
14. Rollback
15. Push
16. Willow Hands (L)
17. Brush Knee, Twist Step (L)
18. Grasp The Sparrow's Tail (R)
19. Twin Dragons Turning Ball (R)
20. Stroke the Horse's Mane (R)
21. Press
22. Rollback
23. Push
24. Willow Hands (R)
25. Single Whip (R)
26. Wave Hands Like Clouds
27. Single Whip (L)
28. High Pat the Horse
29. White Snake Sticks Out Tongue
30. Part the Way
31. Kick with Right Heel
32. Double Ram's Fist (R)
33. Part the Way
34. Kick with Left Heel
35. Double Ram's Fist (L)
36. Snake Creeps Down (R)
37. Golden Cock Stands on Left Leg
38. Snake Creeps Down (L)
39. Golden Cock Stands on Right Leg
40. Fair Lady Weaves Shuttle (L,R)
41. Needle Search at Sea Bottom
42. Fan Through the Back
43. Right Hand Chop
44. Fist Under Elbow
45. Step Forward, Deflect Downward
46. Parry and Punch
47. Carry the Cauldron
48. Grand Tai Chi –Apparent Close