

Essence of 5 Families Tai Chi Double Fan

Set 1

1. Starting Position (Chen Style Form)
2. Single Whip (Sun Style Form)
3. Parts Wild Horse's Mane (Wu Style Form)
4. Grasping the Bird's Tail (Yang Style Form)
5. Sway Double Palms (Hao Style Form)
6. The Blue Dragon Comes Out of the Water (Hao Style Form)
7. Look for the Needle at the Sea Bottom (Yang Style Form)
8. Apparent Close-Up (Yang Style Form)

Set 2

9. Kick Sideward with Right Foot (Chen Style Form)
10. Turn Flowers Out From Sea Bottom (Chen Style Form)
11. Punch Toward the Ground (Chen Style Form)
12. Leopard and Tiger Push Mountain (Hao Style Form)
13. Step Forward and Ride the Tiger (Wu Style Form)

Set 3

14. Smooth Elbow Butt (Chen Style Form)
15. Wrapping Firecrackers (Chen Style Form)
16. Step Forward and Seven Stars (Chen Style Form)
17. Single Whip (Sun Style Form)
18. Parts Wild Horse's Mane (Sun Style Form)
19. Lazy about Tying Coat (Sun Style Form)
20. Looking for the Needle at Sea Bottom (Hao Style Form)
21. Deflect, Parry and Punch (Yang Style Form)
22. Kick Right and Left Foot with Heel (Wu Style Form)
23. Draw Bow and Shoot the Tiger (Wu Style Form)
24. White Crane Spreads its Wings (Yang Style Form)
25. Closing Position (Chen Style Form)