**Wu Dang Short Hand Form**

***Use this checklist to keep track of your progress through the 34 move short square form.***

Mark each line done when:

* You know the name
* Can perform the correct count,
* Moving the weight to the correct leg on the count, and
* Face the correct direction,
* With correct alignment.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Name | Count | Weight | Direction | Alignment |
| 1 | Ready style (Wu Chi) |  |  |  |  |
| 2 | Tai Chi at rest |  |  |  |  |
| 3 | Beginning style | 9 |  |  |  |
| 4 | Seven stars style | 3 |  |  |  |
| 5 | Grasping birds tail | 6 |  |  |  |
| 6 | Single whip | 3 |  |  |  |
| 7 | Cloud hands (turning hands) | 10 |  |  |  |
| 8 | Pat the horse high | 3 |  |  |  |
| 9 | Turn body to face left | 6 |  |  |  |
| 10 | Right leg, kick in a curve | 3 |  |  |  |
| 11 | Step back seven stars | 3 |  |  |  |
| 12 | Step back to strike the tiger | 3 |  |  |  |
| 13 | Twist the body and kick | 9 |  |  |  |
| 14 | Boxing the ears | 3 |  |  |  |
| 15 | Turn body to face right | 3 |  |  |  |
| 16 | Left leg, kick in a curve | 3 |  |  |  |
| 17 | Turn around, kick with heel | 3 |  |  |  |
| 18 | Brush knee twist step | 3 |  |  |  |
| 19 | Step up, parry, punch down | 3 |  |  |  |
| 20 | Step back swing fist | 3 |  |  |  |
| 21 | Snake creeps down | 9 |  |  |  |
| 22 | Step up seven stars | 3 |  |  |  |
| 23 | Step back, ride the tiger | 3 |  |  |  |
| 24 | Turn body, slap face | 3 |  |  |  |
| 25 | Double hands, Lotus leg | 3 |  |  |  |
| 26 | Draw bow, shoot Tiger | 6 |  |  |  |
| 27 | Step back, repulse monkey | 3 |  |  |  |
| 28 | Seven stars style left | 3 |  |  |  |
| 29 | Stroking the lute | 6 |  |  |  |
| 30 | Step up, parry and punch | 6 |  |  |  |
| 31 | As if shutting a door | 3 |  |  |  |
| 32 | Embrace Tiger | 3 |  |  |  |
| 33 | Tai Chi in unity | 3 |  |  |  |
| 34 | Tai-chi in completion | 1 |  |  |  |