

## Tai Chi Chuan Master 13 Form (Mother of All Forms)

- 1) Opening *[L's and R's are at 45° angles!]*
- 2) Part the Horse's Mane L / R (stay in place)
- 3) White Crane Spreads Wings L / R (stay in place)
- 4) Brush Knee L / R
- 5) Repulse the Monkey L / R (step back with R leg / L palm strike over R hand)
- 6) Turn Body and Strike R / L (step R-strike to R / CCW wipe L over R / step L- strike to L)
- 7) Fair Lady Works Shuttle R / L
- 8) Cloud Hands L / R / L / R (into hook)
- 9) Single Whip L / R (stay in place-whirl arms like clouds once to switch from L to R)  
*[Transition: two hands wave to front of body]*
- 10) Golden Rooster Stands on One Leg L / R (stay in place)
- 11) Toe Kick and Pat Foot L / R (stay in place-scoop up to fists then release and out)
- 12) Grasp the Bird's Tail L / R
- 13) Close