

Dan Hegstad
 11394 Easy St.
 Brainerd, MN 56401
 218-851-5900
dan@fullcircletaichi.org
www.fullcircletaichi.org



Full Circle T'ai Chi

Posture List - New China Form

Number	Posture	Weight (front / back)	Stance	Direction
1.	Opening	50-50	Parallel	N
2.	Preparation	50-50	Parallel	N
3.	The White Crane Spreads Wings	10-90	Fishing	N
4.	Brush Knee, Left	70-30	Bow	N
5.	Three Point Concentration	70-30	Half Bow	E
6.	Single Hand Push	70-30	Half Bow	E
7.	Single Whip	70-30	Diagonal	W
8.	Play Guitar	70-30	T	W
9.	Press Right	70-30	Bow	NW
10.	Press Left	70-30	Bow	SW
11.	Press Right	70-30	Bow	NW
12.	Turn and Chop	10-90	T	W
13.	Deflect, Parry, Punch	70-30	Bow	W
14.	Grasp Sparrow's Tail	70-30	Bow	W
15.	Ward Off	70-30	Bow	SW
16.	Roll Back	30-70	Seated	SW
17.	Press	70-30	Bow	SW
18.	Push	30-70	Bow	SW
19.	Cross Hands	50-50	Parallel	N
20.	Lean Back	70-30	Parallel	E
21.	Fist Under Elbow	10-90	T	W
22.	Repulse Monkey Right	10-90	T	W
23.	Repulse Monkey Left	10-90	T	W
24.	Repulse Monkey Right	10-90	T	W
25.	Repulse Monkey Left	10-90	T	W
26.	Brush With Willow Leaf	90-10	Live	SE
27.	Brush With Willow Leaf	90-10	Live	NW
28.	Brush With Willow Leaf	90-10	Live	SW
29.	Brush With Willow Leaf	90-10	Live	NE
30.	Play Guitar	10-90	T	E
31.	Three Point Concentration	70-30	Half Bow	E
32.	Punch Down	70-30	Bow	E
33.	The White Snake Puts Out Tongue	70-30	Half Bow	W
34.	The White Snake Puts Out Tongue	70-30	Half Bow	W
35.	Cross Palms	70-30	Bow	W
36.	Kick Up	100	Hanging	W
37.	Hit Tiger Left	70-30	Diagonal	SE
38.	Kick Up	100	Hanging	SW
39.	Hit Tiger Right	70-30	Diagonal	NE
40.	Chop With Fist	10-90	T	W
41.	Short Punch	10-90	Fishing	W

42.	Snake Creeps Down, Right	30-70	Seated	W
43.	Golden Rooster Stands On One Leg	100	Hanging	W
44.	Golden Rooster Stands On One Leg	100	Hanging	W
45.	Roll Back	30-70	Seated	W
46.	Three Point Concentration	70-30	Half Bow	W
47.	Single Hand Push	70-30	Half Bow	W
48.	Single Whip	70-30	Diagonal	E
49.	Cloud Hands or Wave Hands In Clouds - 3 Times	Transits	Parallel	N
50.	Parting The Wild Horse's Mane	70-30	Bow	SE
51.	Parting The Wild Horse's Mane	70-30	Bow	NE
52.	High Pat On Horse	10-90	Fishing	E
53.	Strike With Heel	100	Hanging	SE
54.	Strike Ears	70-30	Bow	SE
55.	Strike With Heel	100	Hanging	NE
56.	Cover Hand And Punch	70-30	Live	E
57.	Needle At The Bottom Of The Sea	10-90	Fishing	E
58.	Fan Through Back	70-30	Diagonal	E
59.	Separate Foot Right	100	Hanging	NW
60.	Separate Foot Left	100	Hanging	SW
61.	Brush Knee Left	70-30	Bow	W
62.	Brush Knee Right	70-30	Bow	W
63.	Turn And Chop	30-70	Bow	W
64.	Deflect, Parry, Punch	70-30	Bow	W
65.	Apparent Closure	70-30	Bow	W
66.	Cloud Hands - 3 Times	Transits	Parallel	N
67.	Strike With Palm	30-70	Seated	NW
68.	Deflect Down	70-30	Live	NW
69.	The Fair Lady Works At The Shuttles	70-30	Bow	SW
70.	The Fair Lady Works At The Shuttles	70-30	Bow	NW
71.	Step Back And Cross Palms	70-30	Bow	W
72.	Needle At The Bottom Of The Sea	10-90	Fishing	E
73.	Stand And Raise Palm	100	Hanging	E
74.	Turn Body	Transits	Transits	E
75.	Leaning Horse Step	Transits	Parallel	S
76.	Snake Creeps Down Left	30-70	Seated	E
77.	Step Up To Seven Stars	10-90	Fishing	E
78.	Step Back And Ride Tiger	10-90	Fishing	E
79.	Turn And Sweep Lotus	100	Hanging	E
80.	Bend Bow To Shoot Tiger	70-30	Diagonal	NE
81.	Deflect, Parry, Punch	70-30	Bow	E
82.	Grasp Sparrow's Tail Left	70-30	Bow	E
83.	Ward Off	70-30	Bow	SE
84.	Roll Back	70-30	Seated	SE
85.	Press	70-30	Bow	SE
86.	Push	70-30	Bow	SE
87.	Cross Hands	50-50	Parallel	N
88.	Closing	50-50	Parallel	N