

NAM HOA TEMPLE INTERNAL ARTS
NAM HOA TAI CHI CHUAN



- 1 WU CHI
- 2 GREET THE HEAVENS
- 3 EMBRACING THE CHI
- 4 CIRCLE TO MOUNTAIN, PRESS TO THE EARTH
- 5 GRASP THE BIRD'S TAIL (Press, Roll Back, Press, Pull Down)
- 6 WHIRLING WIND
- 7 WHITE CRANE SPREADS WINGS
- 8 TURN, PARRY, OFFER PALM
- 9 CIRCLE TO RIDE THE TIGER
- 10 SNAKE STICKS OUT ITS TONGUE
- 11 SINGLE WHIP
- 12 DRAGON COILS IN THE SEA
- 13 CIRCLE TO WARD-OFF (Right)
- 14 SWORD ARM
- 15 DRAGON COILS IN THE SEA
- 16 DRAGON EXTENDS ITS TONGUE
- 17 DRAW THE BOW (Repeat 15, 16, 17)
- 18 TURN, PARRY, OFFER PALM
- 19 REPULSE THE MONKEY (Three)
- 20 PARTING THE WILD HORSE'S MANE (Right, Left)
- 21 THUNDER AND LIGHTENING
- 22 WHITE CRANE SPREADS WINGS
- 23 PUSH AND SWORD ARM
- 24 SNAKE STICKS OUT ITS TONGUE
- 25 DRAGON COILS IN THE SEA
- 26 SNAKE STICKS OUT ITS TONGUE AND REVERSE PUNCH
- 27 PARRY, OFFER PALM, AND WARD-OFF (Right)
- 28 DRAGON COILS IN THE SEA, PUSH AND WARD-OFF (Right)
- 29 NEEDLE TO THE SEA BOTTOM AND WARD-OFF (Right)
- 30 SNAKE STICKS OUT ITS TONGUE, REVERSE PUNCH AND STAMP
- 31 SNAKE STICKS OUT ITS TONGUE AND REVERSE THRUST KICK
- 32 CIRCLE TO WARD-OFF (Left)
- 33 DRAGON COILS IN THE SEA
- 34 PUSH, PULL DOWN AND KICK (Left)
- 35 CLOUD HANDS (Right, Left)
- 36 GATHERING CHI, RETURN TO THE SOURCE, WU CHI

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