



- Wind on Water, L  
 Rising Dragon Stretches Claws  
 11. Warrior Pounds Mortar [6]  
 Hull Rice with Mortar & Pestle, c-clockw  
 [Closing: Taiji to Wuji]

### THIRD PASSAGE

- [Opening: Wuji to Warrior Pounds Mortar]  
 Hull Rice with Mortar & Pestle, clockwise  
 Shadow of a Bird in Flight  
 Sun and Moon  
 12. White Crane Spreads Wings [7]  
 13. Side Walk, Twist Step (Big Eddy) [8]  
 1, 2: "the old one-two"  
 3: lift knee  
 4: heel to floor  
 5: take a dive (brush knee, R fingers to jaw)  
 6: pick up sticks (crane's beak, R fingers to chin)  
 7: rise toward heaven (R hand to inside L elbow)  
 8: pull back straight  
 9: fault's not mine (palms to sky)  
 10: Play Pipa: funnel down, turn left toes around  
 14. Closing (was "T-Rex," now "Harmless Little Bunny") [9]  
 15. Gather and Spread [10]  
 Seaweed (turn L: arms level, turn R: R hand curves down)  
 16. White Crane Spreads Wings  
 17. Side Walk, Twist Step (Big Eddy #2, see 13) [11]  
 18. Closing ("Harmless Little Bunny") [12]  
 19. Gather and Spread [13]  
 Listen at the Wall  
 Hold Ball, Smear  
 Deflect Downward  
 Intercept  
 20. Hidden Hand Punch [14]  
 Axis & Circumference (L wrist X over R)  
 Split Right, Split Left  
 Rising Dragon Stretches Claws  
 21. Warrior Pounds Mortar [15]  
 [Closing: Taiji to Wuji]

### FOURTH PASSAGE

- [Opening: Wuji to *ma bu*]  
 22. Receive from the Sky/Lift Cauldron  
 Shadow of a Bird in Flight  
 23. Death Ground (see: Sun Zi, Chap. 11)  
 1: Draw Bow, mid-wt  
 2: Old-Time Boxer, back-wt (Split Open & Pummel) [16]  
 3: Subdue Tiger, mid-wt  
 4: Brush Knee, front-wt  
 5: One Up One Down, mid-wt  
 6: Turn to Front, back-wt  
 7: Lean, Look Back, Fist Akimbo, front-wt [17]  
 1: Back Fist to Rear, mid-wt  
 2: L Fist to *dantian*, back-wt  
 3: Your Shoe's Untied, front-wt  
 4: Blue Dragon Emerges from the Flood  
 (Hammer Fist, mid-wt) [18]  
 5: Rollback, back-wt  
 6: Press, front-wt  
 7: Falling Petals, mid-wt.

(Repeat Death Ground in mirror image)

- Black Dragon Serves Tea (left-wt, *xu bu*)  
Gaze Left, Stroke the Neck
24. Step & Push With Both Hands [19]  
25. Three Changes of Palms [20]  
    Sun and Moon  
26. Fist Under Elbow [21]  
    [Closing: Taiji to Wuji]

## FIFTH PASSAGE

### Part A

- [Opening: Wuji to *duli bu*]
27. Step Back and Coil Arms (L, R, L) [22]  
    Two Fishes Swimming  
28. Step Back and Chop  
29. Backward (Hug a Tree) and [23]  
    Press Elbow (Squid Squirts Ink) [24]  
30. Middle Stage

### Part B

- Crane's Beak Rising  
Shadow of a Bird
31. White Crane Spreads Wings [25]  
32. Side Walk, Twist Step (Big Eddy #3, see 13) [26]  
    "Safe"

### Part C

- Gather & Turn  
Crossed-Wrists Press  
*Zuo Gu, You Pan* (Gaze L, Look R)  
Turn & Chop
33. Snake Sticks Out Tongue  
34. Fan Through the Back [27]  
    Sack Over the Shoulder  
    Close Up, Drop, and Intercept  
35. Hidden Hand Punch (then pull fist back quickly) [28]  
36. Press (left-handed)  
    Willow Droops Branches to the Stream  
37. Crane Stands on One Leg  
    Gaze Left, Stroke the Neck  
38. 60/40 (Shut the Door) [29]

### Part D

39. Single Whip [see 10] [30]  
40. Cloud Hands [31]  
41. Gather and Spread  
    Listen at the Wall  
42. High Pat on Horse [32]  
43. Rollback

[Closing: Taiji to Wuji]

## SIXTH PASSAGE

- [Opening: Wuji to Gen Bu]
44. Press, cross step to *xie bu*  
45. Rub Right Foot, to *xie bu* [33]  
46. Rub Left Foot [34]  
47. Turn, Tiger Shakes Left Paw Twice [35]  
48. Gather and Spread [36]  
    Seaweed

	Open Furnace Doors (Firecracker)	
	Sun and Moon (with fists)	
49.	Hit Ground With Fist	[37]
50.	Jump and Double Kick	[38]
	Tiger Pulls Tablecloth	
51.	Gargoyles Guard the Temple	[39]
	Willow Droops Branches to the Stream	
52.	Hurricane Kick	[40]
53.	Receive From the Earth	
	[Closing: Taiji to Wuji]	

## SEVENTH PASSAGE

	[Opening: Wuji to Receive From the Earth]	
54.	Tiger Shakes Right Paw Twice	[41]
	Turn, Change Feet	
	Intercept	
55.	Hidden Hand Punch	[42]
	Check, Step & Reach, Stretch	
56.	Small Catch and Hit	[43]
57.	Seven Stars, Divide Over the Knee, Push Mountain	[44]
58.	Three Changes of the Palms	[45]
	Gaze Left, Stroke the Neck	
59.	60/40 (Shut the Door)	[46]
	[Closing: Taiji to Wuji]	

### **(8th, 9th, and 10th Passages: “The Three-Panelled Screen”)**

## EIGHTH PASSAGE

	[Opening: Wuji to Gen Bu & 60/40]	
60.	Single Whip [see 10]	[47]
	Arms Turn Horizontally	
61.	Front Posture	[48]
62.	Back Posture	[49]
63.	Wild Horse Tosses Its Mane (L & R)	[50]
	Thousand-Pound Rock (Mid, R, & L)	
	Willow Droops Branches to the Stream	
64.	Crane Stands on One Leg	
	Gaze Left, Stroke the Neck	
65.	60/40 (Shut the Door)	[51]
	[Closing: Taiji to Wuji]	

## NINTH PASSAGE

	[Opening: Wuji to Gen Bu & 60/40]	
66.	Single Whip [see 10]	[52]
	Sculpt the Taiji Diagram with Both Hands	
	Sack Over the Shoulder	
67.	Shake Both Feet	[53]
68.	Jade Maiden Slides the Shuttle	[54]
	Up the Outside, Down the Inside	
	Leap and Cut at Waist Level	
69.	Languidly Tucking Back the Robe (Ward-Off R)	[55]
	Tying the Strings of the Body Together	
70.	Rollback	
71.	Press	
	Black Dragon Serves Tea	
	Gaze Left, Stroke the Neck	
72.	60/40 (Shut the Door)	[56]
	[Closing: Taiji to Wuji]	

## TENTH PASSAGE

[Opening: Wuji to Gen Bu & 60/40]

73.	Single Whip [see 10]	[57]
74.	Cloud Hands	[58]
75.	Sweep Leg and Cross Kick	[59]
76.	Scorpion	
77.	Golden Rooster Stands on One Leg (L & R)	[60]
	[Closing: Taiji to Wuji]	

### REPEAT: FIFTH PASSAGE

	[Opening: Wuji to Duli Bu]	
78-94		[61-71]
	[Closing: Taiji to Wuji]	

### ELEVENTH PASSAGE

	[Opening: Wuji to <i>gen bu</i> ]	
95.	Turn, Sun and Moon, Sweep Lotus	[72]
96.	Three Fajins: Split, Cannon Fists, Point & Shoot ("Your Fly's Open")	[73]
97.	White Ape Offers Fruit Gaze Left, Stroke the Neck	[74]
98.	60/40 (Shut the Door)	[75]
99.	Single Whip [see 10] Willow Droops Branches to the Stream clockwise to right backfist	[76]
100.	Dragon Returns to its Lair	[77]
101.	Step Up to Form 7 Stars of the Dipper Cross-wrists Press and Kick	[78]
102.	Step Back to Ride Tiger	[79]
	[Closing: Taiji to Wuji]	

### TWELFTH PASSAGE

	[Opening: Wuji to Middle Stage, L arm top]	
	White Crane Spreads Wings	
103.	Hurricane Kick	
104.	Turn and Sweep Lotus	[80]
105.	Cannon Fists (Snow Shovel, 2x) Willow Droops Branches to the Stream Wind on Water Rising Dragon Stretches Claws	[81]
106.	Warrior Pounds Mortar Hull Rice, counter-clockwise	[82]
107.	Conclusion of Taijiquan (Taiji to Wuji) "Xiè xiè nín, Zhāng Sānfēng!"	[83]
108.	End in Wuji	
		[03/11]