



精英太極坊
Elite Taiji Club

The Combination Form by Maestro Wang Xian

(Free Translation)

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|---|--------------------------------------|
| 1. Preparation Form | 2. Commencing Form |
| 3. Real Qi Circulates | 4. Jin Gang Pounds Mortar |
| 5. Grasp the Robe | 6. Close & Seal |
| 7. Single Whip | 8. Carpet the Floor |
| 9. Rooster Stand | 10. Front Move |
| 11. Back Move | 12. Ear Striking Fists |
| 13. Split the Horse Mane | 14. Mini Qinna |
| 15. Turn Round & Pound Mortar | 16. Flinging Fist |
| 17. Shoulder Lock | 18. Push Hands |
| 19. View Fist Over Elbow | 20. Reversing Arms |
| 21. Retreat with elbow press | 22. Crane Spreads Wings |
| 23. Step Obliquely | 24. First Harvesting |
| 25. Wade Forward with Palm Strikes | 26. Step Obliquely |
| 27. Shoulder Throw | 28. Parry & Punch |
| 29. Cannon Fists | 30. Parry & Punch |
| 31. Elbow Strike | 32. Chest Striking Elbow |
| 33. Open Elbows | 34. Monkey Grasps nuts |
| 35. Single Whip | 36. Bird Ground Dragon |
| 37. Step Up to the DIPPER | 38. Step Down To Ride a Tiger |
| 39. Lotus Kick | 40. Cannon Fists |
| 41. Jin Gang Pounds Mortar | 42. Closing Form |

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