



WHITE CRANE ACADEMY

# White Crane Tai Chi

## Move Names

**Shuang Yang Bai He Rou Ruan Quan**

霜阳白貉柔软拳

Frost and Sun White Crane Gentle Art

## White Crane Tai Chi – Shuang Yang Bai He Rou Ruan Quan – Frost and Sun White Crane Gentle Art

1. First Salute to the Sun
2. From the Cross to the Stretch
3. The General Carries the Seal
4. Two Shoulders Moving Down
5. Golden Scissors
6. Beginning of Heaven and Earth
7. The Hungry Tiger Grasps the Goat
8. The Old Tree Curls Its Roots
9. The Golden Cockerel Stands on One Leg
10. The Leap
11. The Immortal Casts His Net
12. The Major Star Does a Somersault
13. The Iron Hammer Sinks into the River
14. Double Turns of the Cross
15. Ring the Bell, Beat the Drum
16. Second Salute to the Sun
17. Twirling of the Cross
18. Golden Scissors
19. Part the Grass to Find the Snake
20. Twin Butterflies in Flight
21. Part the Clouds to Find the Moon
22. The Cannon Shoots to the Sky
23. The Immortal Grinds the Mill
24. One Hundred Birds Return to the Nest
25. The Mandarin Duck Builds the Nest
26. The Brave Tiger Returns to the Hills
27. The White Horse Sheds Its Saddle (Right)
28. The White Horse Sheds Its Saddle (Left)
29. Whirlwind Golden Scissors
30. Part the Grass to Find the Snake
31. Twin Butterflies in Flight
32. Part the Clouds to Find the Moon
33. The Cannon Shoots to the Sky

## White Crane Tai Chi – Shuang Yang Bai He Rou Ruan Quan – Frost and Sun White Crane Gentle Art

34. The Immortal Grinds the Mill
35. One Hundred Birds Return to the Nest
36. The Mandarin Duck Builds the Nest
37. The Brave Tiger Returns to the Hills
38. The White Horse Sheds Its Saddle (Right)
39. The White Horse Sheds Its Saddle (Left)
40. Sweep of the Arms and Legs
41. The Lazy Tiger Stretches Its Back
42. Twin Swallows Diving
43. Both Legs Stand Stable
44. Two Kicks Follow Closely
45. Twin Dragons Rush Out to Sea
46. Open the Lock on the Wall
47. The Fairy Throws the Flowers
48. The Bully King Pulls the Bow
49. The Lion Opens Its Mouth (Right)
50. The Lion Opens Its Mouth (Left)
51. The Roc Spreads Its Wings
52. The Immortal Shows the Way
53. Twin Swallows Flap Their Wings
54. The Poisonous Snake Grasps the Throat
55. The White Crane Soars to the Sky
56. The Fisherman Paddles His Boat
57. The Little Devil Pushes His Boat
58. The Lotus Flower Donates Its Water
59. Return to the Cross
60. The Wind Sweeps the Willow Leaves (Right)
61. The Wind Sweeps the Willow Leaves (Left)
62. The Beauty Looks into the Mirror
63. Final Salute to the Sun
64. From the Cross to the Stretch
65. The Child Hugs the Shield
66. Two Shoulders Moving Down