

Tung's Fast Tai Chi Chuan

董快太極拳

- | | | |
|-----------------------------------|--------------|-----------------------------------|
| 1. Yù Bèi Shì 預備式 | | Getting Ready Posture |
| 2. Lǎn Qiē Yī 攬切衣 | | Grasp and Tuck the Gown |
| Kuài 快 | Fast | |
| 3. Dān Biān 單鞭 | | Single Whip |
| Kuài 快 | Fast | |
| 4. Hé Jìn 合勁 | | Closing Energy |
| Màn 慢 | Slow | |
| 5. Xiān Hè Zhāng Chì 仙鶴亮翅 | | Immortal Crane Stretches Wings |
| Wéi Tíng 微停 | Slight Stop | |
| 6. Tuō Pí Pā 托琵琶 | | Holding the Guitar |
| Màn 慢 | Slow | |
| 7. Zhuàn Pí Pā 轉琵琶 | | Turning the Guitar |
| Màn 慢 | Slow | |
| 8. Liè Zhǎng 裂掌 | | Splitting Palm |
| Kuài 快 | Fast | |
| 9. Tiào Bù Bān Lǎn Chuí 跳步搬攬捶 | | Jump, Shift, Grasp, and Strike |
| Kuài 快 | Fast | |
| 10. Lián Huán Yuán Fēng Bì 連環圓封閉 | | Circle and Seal Continuously |
| Kuài 快 | Fast | |
| 11. Bào Hū Húí Shān Dòng 豹虜回山洞 | | Leopard and Tiger Return to Cave |
| Kuài 快 | Fast | |
| 12. Cù Zhǎng Bò Jī Shì 挫掌簸箕式 | | Winnowing Fan and Pressing Palm |
| Màn 慢 | Slow | |
| 13. Jìn Tùì Shān Zhàn 進退閃戰 | | Dodge the Attack Forward and Back |
| Yuán Zhuàn 圓轉 | Circle Round | |
| 14. Dà Péng Téng Kōng 大鵬騰空 | | Great Peng Mounts the Sky |
| Líng Kōng 凌空 | Tower Aloft | |
| 15. Zhuàng Lèi Chuí 撞肋捶 | | Colliding Rib Strike |
| Kuài 快 | Fast | |
| 16. Bái Yuán Shān Shēn 白猿閃身 | | White Ape Ducks and Dodges |
| Kuài 快 | Fast | |
| 17. Fèng Huáng Xié Zhǎn Chì 鳳凰斜展翅 | | Phoenix Unfolds Wings |
| Wéi Tíng 微停 | Slight Stop | |

18. Bān Lǎn Chuí 搬攬捶			Shift, Grasp, and Strike
Kuài 快	Fast		
19. Fǎn Shēn Bān Àn Chuí 返身搬按捶			Turn Body, Shift, and Push-Strike
Wēi Tíng 微停	Slight Stop		
20. Jìn Bù Lǎn Cùo Yī 進步攬挫衣			Step Up, Grasp, and Press the Gown
Kuài 快	Fast		
21. Lián Huán Shì 連環式			Continuous Circles Posture
Màn 慢	Slow		
22. Diāo Shǒu 刁手			Tricky Hands
Màn 慢	Slow		
23. Zuǒ Shǎn Yòu Bì 左閃右避			Left Dodge and Right Evade
Kuài 快	Fast		
24. Tàn Mǎ Shì 探馬式			Pat the Horse Posture
Kuài 快	Fast		
25. Yīng Xióng Dú Lì 英雄獨立			Brave Hero Stands Alone
Kuài 快	Fast		
26. Téng Shēn Fǎ 騰身法			Alight the Body Method
Kuài 快	Fast		
27. Liāo Zhǎng 撩掌			Rising Palm
Kuài 快	Fast		
28. Fèng Huán Cháo 鳳還巢			Phoenix Returns to the Nest
Kuài 快	Fast		
29. Tài Jí Húan Yuán 太極還元			Tai Chi Returns to the Source
Lì Wěn 立穩	Stand Firm		