

# Agar-Hutton Tai Chi Academy



## Lists of moves

### Tai Chi Forms

- 8 Move 1 Step Form
- Slow Power Form
- 8 Move Energy Form
- Dynamic Form
- Monkey Form
- Short Balance Form
- Long Balance Form
- 24 Move Form (Peking Form; Beijing Form; Yang Short Form)
- Sun 13 Form

### Qigong

- 5 Move Qigong
- 5 Elements Qigong
- Heaven and Earth Qigong
- Shi Ba Shi (18 Move Qigong)

© 2024 - Agar-Hutton Tai Chi Academy (AHTCA)  
AHTCA is a division of Winghigh Limited  
Date of this document – June 2024    Version No: 1.20

Note: The lists are subject to change or improvement or additional information, so visit <https://ahtca.co.uk/info/1o> to check that you have the latest version.

# Agar-Hutton Tai Chi Academy



## 8 Move 1 Step Form

### Preparation

- 1 - Opening Move
- 2 - Part Wild Horse's Mane - Left, then Right
- 3 - Grasp Swallow's Tail - Left, then Right
- 4 - Single Whip - Left, then Right
- 5 - Strum the Lute - Left, then Right
- 6 & 7 - White Crane Spreads Wings – Left  
and  
Brush Knee and Push Step – Left  
then  
White Crane Spreads Wings – Right  
and  
Brush Knee and Push Step – Right
- 8 - Closing Move

# Agar-Hutton Tai Chi Academy



## Slow Power Form

### Preparation

- 1 - Opening Move
- 2 - Part Wild Horse's Mane - Left, then Right
- 3 - White Crane Spreads Wings
- 4 - Fair Lady Works Shuttles – Left, then Right
- 5 - Cloud Hands (static)
- 6 - Wind Blows Clouds – Left, then Right
- 7 - Push to Waist
- 8 - Push to Shoulders
- 9 - Closing Move

© 2024 - Agar-Hutton Tai Chi Academy (AHTCA)  
AHTCA is a division of Winghigh Limited  
Date of this document – June 2024    Version No: 1.20

Note: The lists are subject to change or improvement or additional information, so visit <https://ahtca.co.uk/info/10> to check that you have the latest version.

# Agar-Hutton Tai Chi Academy



## 8 Move Energy Form

### Preparation

- 1 - Opening Move
- 2 - Part Wild Horse's Mane – Left
- 3 - Grasp Swallow's Tail (circles variation)
- 4 - Single Whip
- 5 - Double Hooks into Strum the Lute
- 6 - White Crane Spreads Wings
- 7 - Push with Shoulder – Left
- 8 - Closing Move

© 2024 - Agar-Hutton Tai Chi Academy (AHTCA)  
AHTCA is a division of Winghigh Limited  
Date of this document – June 2024    Version No: 1.20

Note: The lists are subject to change or improvement or additional information, so visit <https://ahtca.co.uk/info/10> to check that you have the latest version.



## Dynamic Form

### Preparation

- 1 - Opening Move
- 2 - 180 degree turn into Part Wild Horse's Mane
- 3 - Strum the Lute
- 4 - Push to Waist
- 5 - High Hook then left diagonal backstep into Snake Creeps Down
- 6 - Turn right 45 degrees into Strum the Lute
- 7 - Turn left 180 degrees into Needle at Sea Bottom
- 8 - Fair Lady Works Shuttles – Left, then Right to corners
- 8 - Turn right 45 degrees and Kick with Left Heel, then Kick with Right Heel
- 10 - Step right foot forward Grasp Swallows Tail
- 11 - Closing Move



## Monkey Form

### Preparation

- 1 - Opening Move
- 2 - Repulse Monkey, right then left
- 3 - Needle at Sea Bottom
- 4 - Flash Arms, left then right
- 5 - Cloud Hands
  - 3 clouds
  - 3 clouds stepping left
  - 3 clouds
  - 3 clouds stepping right
  - 3 clouds
- 6 - Repulse Monkey, left then right
- 7 - Backfist Parry & Punch
- 8 - Apparent closing
- 9 - Closing Move



## Short Balance Form

### Preparation

- 1 - Opening Move
- 2 - Strum the Lute, left then right
- 3 - Strum the Lute front foot raised, left then right
- 4 - Kick with heel, left then right
- 5 - Golden Cockrel Stands On One Leg, left then right
- 6 - Golden Cockrel Stands On One Leg, right then left
- 7 - Kick with heel, right then left
- 8 - Strum the Lute front foot raised, right then left
- 9 - Strum the Lute, right then left
- 10 - Closing Move

# Agar-Hutton Tai Chi Academy



## Long Balance Form

- 1 - Single whip
  - 2 - High pat on horse
  - 3 - Right heel kick
  - 4 - Strike Ears with Fists
  - 5 - Left heel kick
  - 6 - Snake creeps down (left) and Golden rooster stands on one leg
  - 7 - Snake creeps down (right) and Golden rooster stands on one leg
  - 8 - Single whip
- Repeat from '2' above





## 24 Move Form

### (Peking Form; Beijing Form; Yang Short Form)

#### Preparation

- 1 - Opening move
- 2 - Part the wild horse mane (left, right, left)
- 3 - White crane spreads its wings
- 4 - Brush knee and push step (left, right, left)
- 5 - Strum the lute
- 6 - Repulse the monkey
- 7 - Grasp the swallow' tail (left)
- 8 - Grasp the swallow's tail (right)
- 9 - Single whip
- 10 - Wave hands like clouds
- 11 - Single whip
- 12 - High pat on horse
- 13 - Right heel kick
- 14 - Strike Ears with Fists
- 15 - Left heel kick
- 16 - Snake creeps down (left) and Golden rooster stands on one leg
- 17 - Snake creeps down (right) and Golden rooster stands on one leg
- 18 - Fair lady works the shuttle (left & right)
- 19 - Needle at the bottom of the sea
- 20 - Flash Arms
- 21 - Backfist, parry, and punch
- 22 - Apparent close up
- 23 - Cross Hands
- 24 - Closing Move

# Agar-Hutton Tai Chi Academy



## Sun 13 Form

### Preparation

- 1 - Opening move
- 2 - Leisurely tie the coat
- 3 - Open hands
- 4 - Close hands
- 5 - Single whip
- 6 - Wave hands like clouds
- 7 - High pat on horse
- 8 - Brush knee and push step
- 9 - Strum the lute
- 10 - White crane spreads its wings
- 11 - Double punch
- 12 - Yin & Yang combine Into one
- 13 - Closing Move

# Agar-Hutton Tai Chi Academy



## 5 Move Qigong

### Preparation

- 1 - Raising and lowering arms
- 2 - Up and over 'circles'
- 3 - Pushing and scooping water
- 4 - Opening and closing palms
- 5 - Gathering Chi in front of body then Standing resting pose

# Agar-Hutton Tai Chi Academy



## 5 Elements Qigong

### Preparation

- 1 - Earth - Forward circles
- 2 - Metal - Opening and closing palms
- 3 - Water - Raising and lowering arms
- 4 - Wood – Drawing Circles up and down
- 5 - Fire - Up and Down, left side then right side
- 6 - Gathering Chi to the sides then Standing resting pose

# Agar-Hutton Tai Chi Academy



## Heaven and Earth Qigong

### Preparation

- 1 - Wu Chi (Pointing to the Earth)  
then bend legs
- 2 - Downward Pushing Palms
- 3 - Hold the ball, in the middle
- 4 - Zhan Zhuang
- 5 - Holding the World
- 6 - Supporting the Sky
- 7 - Pointing to the Heavens
- 8 - Pointing to the Heavens
- 9 - Supporting the Sky
- 10 - Holding the World
- 11 - Zhan Zhuang
- 12 - Hold the ball, in the middle
- 13 - Downward Pushing Palms
- 14 - Wu Chi (Pointing to the Earth)
- 15 - (Optional move) Gathering Chi to the sides then Standing resting pose



# Agar-Hutton Tai Chi Academy

## Shi Ba Shi (18 Move Qigong)

- 1 - Commencing the Form
- 2 - Opening the Chest
- 3 - Painting a Rainbow
- 4 - Cross Arm Raise
- 5 - Twisting Waist and Rolling Arms
- 6 - Rowing a Boat
- 7 - Lifting a Ball to the Corners
- 8 - Gaze at the Moon through a Window
- 9 - Turning Waist and Pushing Palms
- 10 - Wave Hands Like Clouds
- 11 - Scoop from the Sea
- 12 - Playing with Waves
- 13 - Dove spreads it's Wings
- 14 - Punching in Horse Stance
- 15 - Flying Wild Goose
- 16 - Turning the Wheel
- 17 - Bouncing a Ball
- 18 - Gathering Chi to the sides then Standing resting pose

© 2024 - Agar-Hutton Tai Chi Academy (AHTCA)

AHTCA is a division of Winghigh Limited

Date of this document – June 2024    Version No: 1.20

Note: The lists are subject to change or improvement or additional information, so visit <https://ahtca.co.uk/info/1o> to check that you have the latest version.