



## T'ai Chi Flute by Jesse Tsao

1. Opening stance
2. Three Breaths
3. Rock the Boat Left & Right (x3)
4. Fisherman Casting the Net (x2)
5. Rainbow Across the Sky (x2)
6. Brush Knee Left & Right
7. Go with the Flow (x3)
8. Place Incense Upright (x3)
9. Repulse Monkey (x3)
10. Golden Rooster on Left & Right Foot
11. Strike the Gong
12. Dragons Tail Stirring Water (x3)
13. Dragon Displays it's Talon
14. Tiger Pouncing on Prey
15. Twist & Turn Left & Right (x3 + x2)
16. Kayaking
17. Spiraling
18. Guard the Heart
19. Coiling and Spiraling the Wrists
20. Play the Flute on Horseback
21. Close
22. Bow
23. Flying Flute

24. Single Whip
25. Holding the Pagoda
26. Taming Tiger Left & Right
27. Scoop up the Moon from the Bottom of the Sea
28. Flash Arm
29. Cutting Across the White Snake
30. Suqin Carries his Sword on his Back
31. Yecha Searches the Ocean
32. Black Bear Turns Around (x2)
33. Ride the Tiger
34. White Snake Spits out Tongue
35. Cannon Strikes (x2 + 1)
36. Parry and Strike Low
37. Wind Scatters the Plum Blossoms
38. Warrior Pounds Mortar
39. Closing Form (x3)
40. Close
41. Bow