

## Tung Family Slow Set (from Tung family fast set)

1. *Yu Pei Shih* - **Preparatory Position**
2. *T'ai Chi Ch'i Shih* - **T'ai Chi Ch'uan Starting Movement**
3. *Lan Ch'ieh I* - **Grasp And Tuck In The Gown**
4. *Tan Pien* - **Single Whip**
5. *Ho Chin* - **Closing Energy**
6. *Hsien Ho Chang Ch'ih* - **Divine Crane Spreads Its Wings**
7. *T'o P'ip'a* - **Holding The Pipa**
8. *Ch'uan P'ip'a* - **Turning The Pipa**
9. *Lieh Chang* - **Splitting Palm**
10. *T'iao Pu Pan Lan Ch'ui* - **Jumping And Punch Down**
11. *Lien Huan Yüan Feng Pi* - **Circle And Seal Continuously**
12. *Pao Hu Hui Shan Tung* - **Leopard And Tiger Return To The Caves**
13. *Ts'o Chang Po Chi Shi* - **Winnowing Movement**
14. *Chih T'ui Shan Chan* - **Dodging Forward And Backward**
15. *Ta P'eng T'eng K'ung* - **Big Rock Elevates In The Air**
16. *Chuang Lei Ch'ui* - **Punch Ribs With Hammer**
17. *Pai Yüan Shan Shen* - **White Ape Dodges Away**
18. *Feng Huang Hsieh Chan Ch'ih* - **Phoenix Spreads Its Wings Slantingly**
19. *Pan Lan Ch'ui* - **Grab And Punch**
20. *Fan Shen Pan An Ch'ui* - **Turn Back And Press With Fist**
21. *Chin Pu Lan Ts'o I* - **Step Forward, Grab And Repress The Gown**
22. *Lien Huan Shih* - **Continual Movement**
23. *Tiao Shou* - **Circling Up**
24. *Ts'o Shan Yu Pi* - **Dodge To The Left, Evade To The Right**
25. *T'an Ma Shih* - **Pat On Horse**
26. *Ying Hsiung Tu Li* - **Hero Stands On One Leg**
27. *T'eng Shen Fa* - **Jump Backward**
28. *Liao Chang* - **Raising Hand**
29. *Feng Huan Ch'ao* - **Phoenix Returns To Nest**
30. *Tai Chi Huan Yüan* - **Tai Chi Chuan Ending Movement**