



LCTKD Info

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Tai Chi Fan

This Tai Chi Fan Form is a modern interpretation designed by Master Liming Yue, who teaches in Manchester's Chinatown, and was taught to LCTKD's Chief Instructor by Master Liming Yue's students, Helena Keane and David Pelling at Lighthouse Tai Chi in Lancashire.

The LCTKD version follows closely the original design, with some minor modifications for Yang Style students. The original version did not name the movements. To help with your learning we have identified and named 30 movements in the form, and they are listed here. If looking at a printed our version of this, note that the movements continue overleaf.

1	Start
2	Push Wave Left
3	Push Wave Right
4	Step and Separate Left
5	Warrior Rises Up
6	Warrior Pounds Mortar
7	Open Circle Right
8	Lazily Hang Coat
9	Press Down
10	Single Whip (Chen Style)
11	Dragon Rises From Water
12	Step Back And Cross Twice
13	White Crane Spreads Its Wings (Chen Style)
14	Wind Catches Fan
15	Cut Down and Step
16	Diagonal Posture with Thurst
17	Close and Pull Back



18	Stand On One Leg
19	Strike Down with Empty Step
20	Wave Fan and Deflect
21	White Snake Spits Out Tongue
22	Hold Off
23	Step Back Left and Thurst
24	Step Back Right and Cut Down
25	Snap To Both Sides
26	Open Circle Front
27	White Crane Flaps Its Wings
28	Warrior Rises Up
29	Warrior Pounds Mortar
30	Close and End