



Movement Arts Institute
MAI
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MAI Tai Chi Fighting Set 8 POSTURE

Player 1: Prepare

Player 2: Prepare

Player 1: Intercept, Punch

Left hand distract, Left Step. Right hand punch, right foot follow step.

Player 2: White Crane Spreads Wings

Right hand intercept, right leg step back, left leg empty stance

Player 1: Single Whip

Right hand wrap opponent right arm, left hand opponent elbow, step back-shift back

Player 2: Escape hand, Peng (Grasp Bird's Tail)

Coil wrist escape, turn left foot out, (hook opponents leg with right leg), peng (push forearm), shift forward

Player 1: Jie, An (Grasp Bird's Tail)

Step back. Jie - Press down (Close the trunk), An (Push workout ball)- shift forward

Player 2: Fan through Back

Roll opponent's An up with Right, Strike left

Player 1: Brush Knee Twisting Step

Brush strike with Right. Punch Left

Player 2: Egg Beater Arms

Block (right forearm) to small hold ball.

Player 1: Punch

Punch Right

Player 2: Wild Horse to Needle to Sea Bottom

Right Hand Block with Wild Horse Right Hand. Hook opponent's Wrist. Shift back turning left foot, Left hand (knife edge to opponent's shoulder)

Player 1: Coil, Fan through Back

Step forward Right foot hook, Step to V feet with Left leg, grab opponent wrist with Right hand, Left hand to elbow, Step back Right

Player 2: Separating Heel Kick

Kick right leg to opponent's left knee/hip

Player 1: Step Back –Prepare

Player 2: Step Back – Prepare



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Player 1: Step Back -Prepare

PLAYER 2

Player 2: Prepare

Player 2: White Crane Spreads Wings

Right hand intercept, right leg step back, left leg empty stance

Player 2: Escape hand, Peng (Grasp Bird's Tail)

Coil wrist escape, turn left foot out, (hook opponents leg with right leg), peng (push forearm), shift forward

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Player 2: Step Back – Prepare