AMBER VALLEY TAI CHI CHUAN

WUDANG - SPEAR FORM

Technique Number	Technique Name	Approx no. of body movements
1.	Ready style	(2)
2.	Beginning style	(4)
3.	Facing the wind, blowing the willow	(2)
4.	The waves going up and down	(5)
5.	Obstructing the river to intercept the dipper	(2)
6.	Green dragon stretching it's claw	(1)
7.	Giant python turning it's head	(3)
8.	Golden dragon swinging it's tail	(2)
9.	Giving the horse it's head while chasing enemies	(11)
10.	The black eared kite flies and the fish leaps	(3)
11.	Golden cockerel nodding it's head	(2)
12.	A white rainbow soaring over the sun	(2)
13.	Lying tiger, dividing dragon	(3)
14.	Plum blossom opens five petals	(4)
15.	Celestial horse walks the skies	(4)
16.	Tai Chi completion style	(3)