

# Taiji Kung Fu Fan Form

A Martial Arts Fan Exercise Routine Created by Professor Li Deyin in 2001

## List of 52 Movements

1. Commencement
2. Diagonal Slant Flying
3. White Crane Spreads Its Wings
4. Bee Returns to the Hive
5. Night Demons Search the Sea
6. Golden Rooster Stands on One Leg
7. Turn Body and Split Mountain
8. Cat Catches the Butterfly
9. Viewing Flowers on Horseback
10. Parting the Wild Horse's Mane
11. Swallow Flies High
12. Bee Returns to the Hive
13. Tiger Pounces on Prey
14. Praying Mantis Catches Cicada
15. Lead Horse to Turn Head
16. Sparrow Hawk Spins in the Air
17. Viewing Flowers on Horseback
18. Pushing the Mountain
19. Dragon Turns His Head
20. Spurring on the Horse
21. Raising the Whip High
22. Embracing the Moon
23. Striking Against the Wind
24. Sweeping Sleeves in the Wind
25. The General Raises the Flag
26. Holding Fan in Front of Chest
27. Parting the Wild Horse's Mane
28. Swallow Flies High
29. Bee Returns to the Hive
30. Tiger Pounces on Prey
31. Praying Mantis Catches Cicada
32. Lead Horse to Turn Head
33. Sparrow Hawk Spins in the Air
34. Viewing Flowers on Horseback
35. Elbow Strikes on Horseback
36. Firecracker Explodes
37. Parry Forward
38. Double Foot Stomp
39. Dragon Fights the Tiger
40. Fair Lady Shuttle Push
41. Sky Goddess Releases the Flowers
42. The General Raises the Flag
43. Ba Gua Walking
44. Holding the Big Dipper
45. Grasp the Bird's Tail
46. Roll Back, Press, and Push
47. Shu Qin Carries Sword Behind Back
48. Brush Knee
49. Snake Creeps Down
50. Pull the Bow to Shoot the Tiger
51. White Crane Spreads Its Wings
52. Conclusion

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Cloud Hands Website: <http://www.egreenway.com/taichichuan/index.htm>

Tai Chi and Kung Fu Fan (*Shan*): <http://www.egreenway.com/taichichuan/fan.htm>