

Taiji Kung Fu Fan Form

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

Section I, Movements 1-26

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
- Return to Wuji, Conclusion of Section I

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

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