

**Ito's White Tiger  
Tai Chi Chuan (Part 1) Basic Form  
Blue Belt Requirement**

Commencement  
Warding Off Left  
Warding Off Right  
Grasping The Birds Tail  
Single Whip  
Playing The Lute  
White Crane Cools His Wing  
Brush Knee Twist  
Playing The Lute  
Brush Knee Twist 3x  
Playing The Lute  
Brush Knee Twist  
Cross Step, Back Fist Parry Punch  
Left Hand Under Right Push Forward  
Roll Back Push Forward  
Apparent Closure