

**Ito's White Tiger  
Tai Chi Chuan (Part 2) Short Form  
Green Belt Requirement**

**PART 2**

**Carry Tiger To The Mountain  
Grasping The Birds Tail  
Elbow Forearm [Left]  
Elbow Forearm [Right]  
Cross Step Double Block  
Elbow Fist  
Repulse The Monkey 3x  
Plant + Fly  
Playing The Lute  
White Crane Cools His Wings  
Brush Knee Twist  
Needle At The Bottom Of Sea  
Fan Through Back 2x  
Back Fist Pany Punch  
Step Through Grasping  
The Birds Tail  
Single Whip  
Wave Hands Like Clouds 3x  
Single Whip  
High Pat On Horse  
Warding off Left  
Separation Right  
Lotus Foot Right  
Warding Off Right**

**Separation Left**  
**Lotus Foot Left (Crane)**  
**Pivot 180 Heel Kick**  
**Brush Knee L/R**  
**Parry Low Punch**  
**Fan Through Back R/L**  
**Right Cross Step Back Fist**  
**Parry Punch**  
**Right Kick #5**  
**Turn 180 Left Cat Stance**  
**Left Strike to Tiger Pivot**  
**Cat Stance**  
**Right Strike to Tiger**  
**Right Kick #3**  
**Double Strike to Tiger**  
**Left Kick #3**  
**Turn 180 Pivot**  
**Turn 180**  
**Right Foot**  
**Cross Step**  
**Punch**  
**Left Hand Under Right**  
**Push Forward**  
**Roll Back Push Forward**  
**Apparent Closure**  
**Kick Back Fist Parry**  
**PART 3**

**Carry Tiger To The Mountain**  
**Grasping the Birds Tail**

**Single Whip**  
**Parting the Horses Mane**  
**R,L,R**  
**Warding Off L/R**  
**Grasping the Birds Tail**  
**Single Whip**  
**4 Corners L,R,L,R**  
**Warding off Left/Right**  
**Grasping the Birds Tail**  
**Single Whip**  
**Wave Hands Like Clouds 3X**  
**Single Whip**  
**Snake Creeps Low**  
**Golden Cock Right Leg**  
**Golden Cock Left Leg**  
**Repulsing The Monkey 3X**  
**Plant/Fly**  
**Playing the Lute**  
**White Crane Cools**  
**Brush Knee**  
Needle at The Bottom of the Sea  
**Fan Through Back R,L**  
**Turn 180 Parry Right**  
**Left Parry**  
**Snake Strikes with Tongue**  
**Feet Together**  
**Warding of Right**  
**Feet Together**  
**Grasping the Birds Tail**  
**His Wings**

**Single Whip**  
**Wave Hands Like Clouds 3X**  
**Single Whip**  
**High Pat on Horse**  
**Right Parry Left Fingers to Eyes**  
**Turn 180 Cat Stance**  
**Right Kick**  
**Cross Step Backfist Parry Punch**  
**Feet Together**  
**Warding Off Right**  
**Feet Together**  
**Gasp the Birds Tail**  
**Single Whip**  
**Wave Hand Like Clouds 3X**  
**Single Whip**  
**Snake Creeps Low**  
**Move Up**  
**Right Cat Stance**  
**7 Stars**  
**Right Steps Back Retreat**  
**to Ride Tiger**  
**Left Kick**  
**Left Circles 180**  
**Right Lotus Foot 180**  
**Shoot Tiger With Bow**  
Cross Step Back Fist Parry Punch  
**Left Hand Under Right**  
**Push Forward**  
**Roll Back Push Forward**  
**Closure**