

The 108 moves of the Tai Chi set

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| 1. Opening of Tai Chi | 55. Cross Hands |
| 2. Left Grasp Bird's Tail | 56. Carry Tiger to Mountain |
| 3. Grasp Bird's Tail | 57. Whip Out Horizontally |
| 4. Single Whip | 58. Parting Wild Horse's Mane (right) |
| 5. Step Up and Raise Hands | 59. Parting Wild Horse's Mane (left) |
| 6. White Stork Spreads Wings | 60. Parting Wild Horse's Mane (right) |
| 7. Brush Knee (left) | 61. Parting Wild Horse's Mane (left) |
| 8. Strum the Pei Pa | 62. Parting Wild Horse's Mane (right) |
| 9. Brush Knee and Twist Step (left) | 63. Left Grasp Bird's Tail |
| 10. Brush Knee and Twist Step (right) | 64. Step Up to Grasp Bird's Tail |
| 11. Brush Knee (left) | 65. Single Whip |
| 12. Strum the Pei Pa | 66. Fair Lady Works Shuttles (left) |
| 13. Brush Knee and Twist Step (left) | 67. Fair Lady Works Shuttles (right) |
| 14. Chop with Fist | 68. Fair Lady Works Shuttles (left) |
| 15. Step Up, Deflect, Parry, Punch | 69. Fair Lady Works Shuttles (right) |
| 16. Appear to Close Entrance | 70. Left Grasp Bird's Tail |
| 17. Cross Hands | 71. Step Up to Grasp Bird's Tail |
| 18. Carry Tiger to Mountain | 72. Single Whip |
| 19. Whip Out Diagonally | 73. Move Hands Like Clouds (seven times) |
| 20. Fist Under Elbow | 74. Single Whip |
| 21. Go Back to Ward Off Monkey (right) | 75. Creeping Low Like a Snake |
| 22. Go Back to Ward Off Monkey (left) | 76. Golden Cock Stands on One Leg (left) |
| 23. Go Back to Ward Off Monkey (right) | 77. Golden Cock Stands on One Leg (right) |
| 24. Flying at a Slant | 78. Go Back to Ward Off Monkey (right) |
| 25. Step Up and Raise Hands | 79. Go Back to Ward Off Monkey (left) |
| 26. White Stork Spreads Wings | 80. Flying at a Slant |
| 27. Brush Knee (left) | 81. Step Up and Raise Hands |
| 28. Push Needle to Sea Bottom | 82. White Stork Spreads Wings |
| 29. Fan Penetrates through the Back | 83. Brush Knee (left) |
| 30. Turn and Chop with Fist | 84. Push Needle to Sea Bottom |
| 31. Step Up, Deflect, Parry, Punch | 85. Fan Penetrates through the Back |
| 32. Step Up to Grasp Bird's Tail | 86. White Snake Turns and Puts Out Tongue |
| 33. Single Whip | 87. Step Up, Deflect, Parry, Punch |
| 34. Move Hands Like Clouds (five times) | 88. Step Up to Grasp Bird's Tail |
| 35. Single Whip | 89. Single Whip |
| 36. Reach Up to Pat Horse | 90. Move Hands Like Clouds (three times) |
| 37. Separate Foot to Right | 91. Single Whip |
| 38. Separate Foot to Left | 92. Reach Up to Pat Horse |
| 39. Turn and Kick | 93. Cross Hands to Penetrate |
| 40. Brush Knee and Twist Step (left) | 94. Turn and Kick |
| 41. Brush Knee and Twist Step (right) | 95. Chop with Fist |
| 42. Step Up and Punch | 96. Brush Knee and Punch |
| 43. Turn and Chop with Fist | 97. Step Up to Grasp Bird's Tail |
| 44. Step Up, Deflect, Parry, Punch | 98. Single Whip |
| 45. Right Foot Kick | 99. Creeping Low Like a Snake |
| 46. Hit Tiger at Left | 100. Step Up to Seven Stars |
| 47. Hit Tiger at Right | 101. Retreat to Ride Tiger |
| 48. Right Foot Kick | 102. Turn Around to Sweep Lotus |
| 49. Strike Ears with Fists | 103. Draw Bow to Shoot Tiger |
| 50. Left Foot Kick | 104. Chop with Fist |
| 51. Turn and Kick | 105. Step Up, Deflect, Parry, Punch |
| 52. Chop with Fist | 106. Appear to Close Entrance |
| 53. Step Up, Deflect, Parry, Punch | 107. Cross Hands |
| 54. Appear to Close Entrance | 108. Closing of Tai Chi |