

Yang Tai Chi Form

Part One

1. **Begin Tai Chi** (Taiji Qi Shi, 太極起勢)
2. **Grasp the Sparrow's Tail: Right**
(You Lan Que Wei, 右攬雀尾)
3. **Grasp the Sparrow's Tail: Left**
(Zuo Lan Que Wei, 左攬雀尾)
4. **Wardoff** (Peng, 棚)
5. **Rollback** (Lu, 捩)
6. **Press** (Ji, 擠)
7. **Push Forward** (An, 按)
8. **Single Whip** (Dan Bian, 單鞭)
9. **Lift Hands to the Up Posture**
(Ti Shou Shang Shi, 提手上勢)
10. **The Crane Spreads Its Wings**
(Bai He Liang Chi, 白鶴亮翅)
11. **Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擻膝拗步)
12. **Play the Guitar** (Shou Hui Pi Pa, 手揮琵琶)
13. **Twist Body, Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擻膝拗步)
14. **Twist Body, Brush Knee and Step Forward: Right**
(You Lou Xi Ao Bu, 右擻膝拗步)
15. **Twist Body, Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擻膝拗步)
16. **Play the Guitar** (Shou Hui Pi Pa, 手揮琵琶)
17. **Twist Body, Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擻膝拗步)
18. **Twist Body and Circle the Fist**
(Pie Shen Chui, 撇身捶)
19. **Step Forward, Deflect Downward, Parry and Punch**
(Jin Bu Ban Lan Chui, 進步搬攔捶)
20. **Seal Tightly** (Ru Feng Si Bi, 如封似閉)
21. **Embrace the Tiger and Return to the Mountain** (Bao Hu Gui Shan, 抱虎歸山)
22. **Close Tai Chi** (He Taiji, 合太極)

Transition Form (Guo Du Shi, 過渡勢)

Part Two

23. **Wardoff, Rollback, Press, and Push Forward** (Peng Lu Ji An, 棚捩擠按)
24. **Single Whip** (Dan Bian, 單鞭)
25. **Punch Under the Elbow**
(Zhou Di Kan Chui, 肘底看捶)
26. **Step Back and Repulse the Monkey: Left** (Zuo Dao Nian Hou, 左倒擻猴)
27. **Step Back and Repulse the Monkey: Right** (You Dao Nian Hou, 右倒擻猴)
28. **Step Back and Repulse the Monkey: Left** (Zuo Dao Nian Hou, 左倒擻猴)
29. **Diagonal Flying** (Xie Fei Shi, 斜飛勢)
30. **Lift Hands to the Up Posture**
(Ti Shou Shang Shi, 提手上勢)
31. **The Crane Spreads Its Wings**
(Bai He Liang Chi, 白鶴亮翅)
32. **Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擻膝拗步)
33. **Pick Up the Needle from the Sea Bottom**
(Hai Di Lao Zhen, 海底撈針)
34. **Fan Back** (Shan Tong Bei, 扇通背)
35. **Turn, Twist Body, and Circle the Fist**
(Zhuan Shen Pie Shen Chui, 轉身撇身捶)
36. **Step Forward, Deflect Downward, Parry and Punch**
(Jin Bu Ban Lan Chui, 進步搬攔捶)
37. **Step Forward, Wardoff, Rollback, Press and Push Forward**
(Shang Bu Peng Lu Ji An, 上步棚捩擠按)
38. **Single Whip** (Dan Bian, 單鞭)
39. **Wave Hands in the Clouds: Right**
(You Yun Shou, 右雲手)
40. **Wave Hands in the Clouds: Left**
(Zuo Yun Shou, 左雲手)
41. **Wave Hands in the Clouds: Right**
(You Yun Shou, 右雲手)
42. **Single Whip** (Dan Bian, 單鞭)
43. **Stand High to Search Out the Horse**
(Gao Tan Ma, 高探馬)
44. **Separate Right Foot**
(You Fen Jiao, 右分腳)
45. **Separate Left Foot**
(Zuo Fen Jiao, 左分腳)
46. **Turn and Kick with the Heel: 90 degrees**
(Zhuan Shen Deng Jiao, 轉身蹬腳)
47. **Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擻膝拗步)
48. **Brush Knee and Step Forward: Right**
(You Lou Xi Ao Bu, 右擻膝拗步)
49. **Step Forward and Strike Down with the Fist** (Jin Bu Zai Chui, 進步栽捶)
50. **Turn, Twist Body, and Circle the Fist**
(Zhuan Shen Pie Shen Chui, 轉身撇身捶)
51. **Step Forward, Deflect Downward, Parry and Punch**
(Jin Bu Ban Lan Chui, 進步搬攔捶)
52. **Kick Right** (You Ti Jiao, 右踢腳)
53. **Strike the Tiger: Right**
(You Da Hu, 右打虎)
54. **Strike the Tiger: Left**
(Zuo Da Hu, 左打虎)
55. **Kick Right** (You Ti Jiao, 右踢腳)
56. **Attack the Ears with the Fists**
(Shuang Feng Guan Er, 雙風貫耳)
57. **Kick Left** (Zuo Ti Jiao, 左踢腳)
58. **Turn and Kick with the Heel: 270 degrees**
(Zhuan Shen Deng Jiao, 轉身蹬腳)
59. **Twist the Body and Circle the Fist**
(Pie Shen Chui, 撇身捶)
60. **Step Forward, Deflect Downward, Parry, and Punch**
(Jin Bu Ban Lan Chui, 進步搬攔捶)
61. **Seal Tightly** (Ru Feng Si Bi, 如封似閉)
62. **Embrace the Tiger and Return to the Mountain** (Bao Hu Gui Shan, 抱虎歸山)
63. **Close Tai Chi** (He Taiji, 合太極)

Transition Form (Guo Du Shi, 過渡勢)

Part Three

- 64. Wardoff, Rollback, Press, and Push Forward**
(Peng Lu Ji An, 棚捩擠按)
- 65. Single Whip** (Dan Bian, 單鞭)
- 66. The Wild Horse Parts Its Mane: Right** (You Ye Ma Fen Zong, 右野馬分鬃)
- 67. The Wild Horse Parts Its Mane: Left** (Zuo Ye Ma Fen Zong, 左野馬分鬃)
- 68. The Wild Horse Parts Its Mane: Right** (You Ye Ma Fen Zong, 右野馬分鬃)
- 69. Grasp the Sparrow's Tail: Left**
(Zuo Lan Que Wei, 左攬雀尾)
- 70. Wardoff, Rollback, Press, and Push Forward**
(Peng Lu Ji An, 棚捩擠按)
- 71. Single Whip** (Dan Bian, 單鞭)
- 72. The Fair Lady Weaves with Shuttle: Left** (Zuo Yu Nu Chuan Suo, 左玉女穿梭)
- 73. The Fair Lady Weaves with Shuttle: Right** (You Yu Nu Chuan Suo, 右玉女穿梭)
- 74. The Fair Lady Weaves with Shuttle: Left** (Zuo Yu Nu Chuan Suo, 左玉女穿梭)
- 75. The Fair Lady Weaves with Shuttle: Right** (You Yu Nu Chuan Suo, 右玉女穿梭)
- 76. Grasp Sparrow's Tail: Left**
(Zuo Lan Que Wei, 左攬雀尾)
- 77. Wardoff, Rollback, Press, and Push Forward**
(Peng Lu Ji An, 棚捩擠按)
- 78. Single Whip** (Dan Bian, 單鞭)
- 79. Wave Hands in the Clouds: Right**
(You Yun Shou, 右雲手)
- 80. Single Whip** (Dan Bian, 單鞭)
- 81. The Snake Creeps Down**
(She Shen Xia Shi, 蛇身下勢)
- 82. Golden Rooster Stands on One Leg: Right** (You Jin Ji Du Li, 右金雞獨立)
- 83. Golden Rooster Stands on One Leg: Left** (Zuo Jin Ji Du Li, 左金雞獨立)
- 84. Step Back and Repulse the Monkey: Left** (Zuo Dao Nian Hou, 左倒撐猴)
- 85. Diagonal Flying** (Xie Fei Shi, 斜飛勢)
- 86. Lift Hands to the Up Posture**
(Ti Shou Shang Shi, 提手上勢)
- 87. The White Crane Spreads Its Wings**
(Bai He Liang Chi, 白鶴亮翅)
- 88. Brush Knee and Step Forward: Left**
(Zuo Lou Xi Ao Bu, 左擡膝拗步)
- 89. Pick Up the Needle from the Sea Bottom** (Hai Di Lao Zhen, 海底撈針)
- 90. Fan Back** (Shan Tong Bei, 扇通背)
- 91. The White Snake Turns Its Body and Spits Poison**
(Zhuan Shen Bai She Tu Xin, 轉身白蛇吐信)
- 92. Step Forward, Deflect Downward, Parry, and Punch**
(Jin Bu Ban Lan Chui, 進步搬攔捶)
- 93. Step Forward, Wardoff, Rollback, Press, and Push Forward**
(Shang Bu Peng Lu Ji An, 上步棚捩擠按)
- 94. Single Whip** (Dan Bian, 單鞭)
- 95. Wave Hands in the Clouds: Right**
(You Yun Shou, 右雲手)
- 96. Single Whip** (Dan Bian, 單鞭)
- 97. Stand High to Search Out the Horse**
(Gao Tan Ma, 高探馬)
- 98. Cross Hands** (Shi Zi Shou, 十字手)
- 99. Turn and Kick**
(Zhuan Shen Shi Zi Tui, 轉身十字腿)
- 100. Brush Knee and Punch Down**
(Lou Xi Zhi Dang Chui, 擡膝指檔捶)
- 101. Step Forward, Wardoff, Rollback, Press, and Push Forward**
(Shang Bu Peng Lu Ji An, 上步棚捩擠按)
- 102. Single Whip** (Dan Bian, 單鞭)
- 103. The Snake Creeps Down**
(She Shen Xia Shi, 蛇身下勢)
- 104. Step Forward to the Seven Stars**
(Shang Bu Qi Xing, 上步七星)
- 105. Step Back and Ride the Tiger**
(Tui Bu Kua Hu, 退步跨虎)
- 106. Turn the Body and Sweep the Lotus with the Leg**
(Zhuan Shen Bai Lian, 轉身擺蓮)
- 107. Draw the Bow and Shoot the Tiger**
(Wan Gong She Hu, 彎弓射虎)
- 108. Twist the Body and Circle the Fist**
(Pie Shen Chui, 撇身捶)
- 109. Step Forward, Deflect Downward, Parry, and Punch**
(Jin Bu Ban Lan Chui, 進步搬攔捶)
- 110. Seal Tightly**
(Ru Feng Si Bi, 如封似閉)
- III. Embrace the Tiger and Return to the Mountain**
(Bao Hu Gui Shan, 抱虎歸山)
- II2. Close Tai Chi** (He Taiji, 合太極)
- II3. Return to the Original Stance**
(Taiji Huan Yuan, 太極還原)

