

**TRADITIONAL YANG STYLE  
TAI CHI CHUAN HAND FORM  
"THE 13"**

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1. Opening
2. Waving Hands Like Clouds
3. Single Whip
4. Punching Under Elbow
5. White Crane Spreads Its Wings
6. Brushing Knee and Pushing
7. Hands Strumming the Lute
8. Patting Horse on High
9. Thrusting Palm
10. Turning Body and Chopping with Fist
11. Stepping Forward, Parrying, Blocking and Punching
12. Stepping Forward, Grasping the Bird's Tail
13. Crossing Hands and Closing