

Traditional Yang Style Tai Chi Chuan 49 Movement Demonstration Form

1. Preparation Form
 2. Beginning
 3. Grasp the Bird's tail
 4. Single Whip
 5. Cloud Hands (1, 2, 3)
 6. Single Whip
 7. High Pat on Horse
 8. Right Separation Kick
 9. Left Separation Kick
 10. Turn Body and Left Heel Kick
 11. Left Brush Knee and Push
 12. Hand Strums the Lute
 13. High Pat on Horse with Palm Thrust
 14. Cross Kick
 15. Left Strike Tiger
 16. Right Strike Tiger
 17. Turn Body and Right Heel Kick
 18. Twin Fists Strike Opponents Ears
 19. Left Heel Kick
 20. Turn Body and Chop with Fist
 21. Step Forward and Punch Groin
 22. Apparent Close Up
 23. Cross Hands
 24. Embrace the Tiger and Return to Mountain
 25. Diagonal Single Whip
 26. Fist Under Elbow
 27. Golden Rooster Stands on One Leg, Left
 28. Golden Rooster Stands on One Leg, Right
 29. Step Back and Repulse the Monkey, Left
 30. Diagonal Flying
 31. Raise Hands and Step Forward
 32. White Crane Spreads its Wings
 33. Left Brush Knee and Push
 34. Needle at Sea Bottom
 35. Fan Through the Back
 36. Turn Body and White Snake Spits out Tongue
 37. Step Forward and Punch Down
 38. Parting Wild Horse's Mane, Right
 39. Fair Lady Works at Shuttles
 40. Grasp the Bird's tail
 41. Single Whip
 42. Snake Creeps Down
 43. Step Forward Seven Stars
 44. Step Back and Ride the Tiger
 45. Turn Body and Swing Over Lotus
 46. Bend the Bow and Shoot the Tiger
 47. Step Forward, Parry Block and Punch
 48. Apparent Close Up
 49. Cross Hands
- Closing