

## Traditional Yang Style – Tai Chi Chuan form posture list

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| <ol style="list-style-type: none"> <li>1. Preparation             <ol style="list-style-type: none"> <li>a. Feet together with hands on both sides of body</li> </ol> </li> <li>2. Beginning             <ol style="list-style-type: none"> <li>a. Right foot apart with hands on the sides</li> <li>b. Lift and lower hands</li> <li>c. Tai Chi circle hands</li> </ol> </li> <li>3. Grasp the Bird's Tail             <ol style="list-style-type: none"> <li>a. Shift weight to the right foot and hold the ball</li> <li>b. Ward off (left)</li> <li>c. Double ward off</li> <li>d. Pull down (left)</li> <li>e. Press</li> <li>f. Push</li> <li>g. Sit back and push to the left</li> <li>h. Sit back and push to the right</li> </ol> </li> <li>4. Single whip</li> <li>5. Lift hands             <ol style="list-style-type: none"> <li>a. Pull down (left)</li> <li>b. Elbow / shoulder strike</li> <li>c. Ward off (right)</li> </ol> </li> <li>6. White Crane Spreads Its Wings</li> <li>7. Left Brush Knee and Push</li> <li>8. Hands Strumming Pi Pa</li> <li>9. Left Brush Knee and Push</li> <li>10. Right Brush Knee and Push</li> <li>11. Left Brush Knee and Push</li> <li>12. Hands Strumming Pi Pa</li> <li>13. Left Brush Knee and Push             <ol style="list-style-type: none"> <li>a. Right hand forms fist, bring it down to the left</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>14. Step Forward – Parry and Punch</li> <li>15. Apparent Close Up and Push</li> <li>16. Crossing Hands</li> <li>17. Embrace Tiger Return To Mountain</li> <li>18. Grasp the Bird's Tail             <ol style="list-style-type: none"> <li>a. Bring right hand up</li> <li>b. Pull down (left)</li> <li>c. Press</li> <li>d. Push</li> <li>e. Sit back and push to the left</li> <li>f. Sit back and push to the right</li> <li>g. Lift arms, turn and block to the left</li> <li>h. Push straight forward (left diagonal direction)</li> </ol> </li> <li>19. Fist Under Elbow</li> <li>20. Back Stepping Monkey (right)</li> <li>21. Back Stepping Monkey (left)</li> <li>22. Back Stepping Monkey (right)</li> <li>23. Back Stepping Monkey (left)</li> <li>24. Back Stepping Monkey (right)</li> <li>25. Diagonal Flying (right)</li> <li>26. Lift hands             <ol style="list-style-type: none"> <li>a. Pull down (left)</li> <li>b. Elbow / shoulder strike</li> <li>c. Ward off (right)</li> </ol> </li> <li>27. White Crane Spreads Its Wings</li> <li>28. Left Brush Knee and Push</li> <li>29. Needle At Sea Bottom</li> <li>30. Fan Through Back</li> <li>31. Turn Body and Punch             <ol style="list-style-type: none"> <li>a. Punch up and pull down</li> </ol> </li> <li>32. Step Forward, Parry and Punch             <ol style="list-style-type: none"> <li>a. Sit back and pull down (right)</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>33. Diagonal Flying (left)</li> <li>34. Step Forward Grasp the Bird's Tail             <ol style="list-style-type: none"> <li>a. Double ward off</li> <li>b. Pull down (left)</li> <li>c. Press</li> <li>d. Push</li> <li>e. Sit back and push to the left</li> <li>f. Sit back and push to the right</li> </ol> </li> <li>35. Single Whip</li> <li>36. Cloud Hands             <ol style="list-style-type: none"> <li>a. Repeat cloud hands – 5 times on the left side and 4 times on the right side and ending on the right side</li> </ol> </li> <li>37. Single Whip</li> <li>38. High Pat on Horse</li> <li>39. Separate and Kick Right</li> <li>40. Separate and Kick Left</li> <li>41. Turn and Kick with Heel (left)</li> <li>42. Left Brush Knee and Push</li> <li>43. Right Brush Knee and Push</li> <li>44. Step Forward and Punch Down</li> <li>45. Turn Body and Punch             <ol style="list-style-type: none"> <li>a. Punch up and pull down</li> </ol> </li> <li>46. Step Forward, Parry and Punch</li> <li>47. Diagonal Flying (left)</li> <li>48. Kick with Right Heel             <ol style="list-style-type: none"> <li>a. Push to the right</li> </ol> </li> <li>49. Strike Tiger Left</li> <li>50. Strike Tiger Right</li> <li>51. Block with Left Arm and Kick with Right Heel</li> <li>52. Double Phoenix Attacking the Ears</li> <li>53. Kick with Left Heel</li> </ol> |
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54. Turn Body and Kick with Right Heel  
*a. Left pull down*
55. Step Forward, Parry and Punch
56. Apparent Close Up and Push
57. Crossing Hands
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58. Embrace Tiger Return To Mountain
59. Grasp the Bird's Tail  
*a. Bring right hand up*  
*b. Pull down (left)*  
*c. Press*  
*d. Push*  
*e. Sit back and push to the left*  
*f. Sit back and push to the right*
60. Diagonal Single Whip
61. Parting Horse's Mane (right)
62. Parting Horse's Mane (left)
63. Parting Horse's Mane (right)  
*a. Turn left and circle right arm forward*
64. Grasp the Bird's Tail  
*a. Shift weight to the right foot and hold the ball*  
*b. Ward off (left)*  
*c. Double ward off*  
*d. Pull down (left)*  
*e. Press*  
*f. Push*  
*g. Sit back and push to the left*  
*h. Sit back and push to the right*
65. Single Whip
66. Lady Threads Shuttles (left)
67. Lady Threads Shuttles (right)
68. Lady Threads Shuttles (left)
69. Lady Threads Shuttles (right)  
*a. Circle left and pull down (right)*
70. Grasp the Bird's Tail  
*a. Shift weight to the right foot and hold the ball*  
*b. Ward off (left)*
- c. Double ward off*
- d. Pull down (left)*
- e. Press*
- f. Push*
- g. Sit back and push to the left*
- h. Sit back and push to the right*
71. Single Whip
72. Cloud Hands  
*a. Repeat cloud hands – 4 times on the left side and 3 times on the right side and ending on the right side*
73. Single Whip
74. Snake Creeps Down
75. Left Golden Rooster Stands on One Leg
76. Right Golden Rooster Stands on One Leg
77. Back Stepping Monkey (right)
78. Back Stepping Monkey (left)
79. Back Stepping Monkey (right)
80. Diagonal Flying (right)
81. Lift hands  
*a. Pull down (left)*  
*b. Elbow / shoulder strike*  
*c. Ward off (right)*
82. White Crane Spreads Its Wings
83. Left Brush Knee and Push
84. Needle At Sea Bottom
85. Fan Through Back
86. Turn Body and Punch  
*a. Punch up and pull down*
87. Step Forward, Parry and Punch  
*a. Sit back and pull down (right)*
88. Diagonal Flying (left)
89. Step Forward Grasp the Bird's Tail  
*a. Double ward off*  
*b. Pull down (left)*  
*c. Press*  
*d. Push*  
*e. Sit back and push to the left*
- f. Sit back and push to the right*
90. Single Whip
91. Cloud Hands  
*a. Repeat cloud hands – 3 times on the left side and 2 times on the right side and ending on the right side*
92. Single Whip
93. High Pat on Horse
94. Thrusting Hand
95. Turn Body and Kick with Right Heel  
*a. Shift forward and press down*
96. Step Forward and Punch to the Groin  
*a. Sit back and pull down (right)*
97. Diagonal Flying (left)
98. Step Forward Grasp the Bird's Tail  
*a. Double ward off*  
*b. Pull down (left)*  
*c. Press*  
*d. Push*  
*e. Sit back and push to the left*  
*f. Sit back and push to the right*
99. Single Whip
100. Snake Creeps Down
101. Step Up to Seven Stars
102. Step Back to Ride Tiger
103. Turn Body to Sweep Lotus
104. Bend Bow to Shoot Tiger  
*a. Pull down (left)*
105. Step Forward – Parry and Punch
106. Apparent Close Up and Push
107. Crossing Hands
108. Conclusion