



Yang Style: Full Form

Postures 1-24

Let's put it all together. Take your time and begin to master the form. As you review the form, pay particular attention to the transitional movements that connect the moves. Tai chi is a flow and you should feel continuous motion throughout the form. If you feel stuck on any of the individual moves go back and review that move in the previous lessons.

Postures 10-24

1. Preparation, Facing North
2. Part the Wild Horse's Mane LEFT, RIGHT, LEFT
3. Step forward, White Crane Spreads Its Wings
4. Brush Knee, LEFT, RIGHT, LEFT
5. Step forward, Play Guitar
6. Repulse the Monkey, LEFT, RIGHT, LEFT, RIGHT
7. Left Ward Off, Grasp the Bird's Tail, Rollback, Seal and Push Chi
8. Turn East, Right Ward Off, Grasp the Bird's Tail, Rollback, Seal and Push Chi
9. Single Whip to West
10. Wave Hands Like Clouds, 3 times
11. Single Whip to West
12. High Pat on Horse
13. Gather, Right Heel Kick
14. Strike to Ears with Both Fists
15. Turn Counter Clockwise and Left Heel Kick
16. Left Snake Creeps, Pheasant stands
17. Right Snake Creeps, Pheasant stands
18. Step forward, Fair Lady Works with Shuttles, RIGHT and LEFT
19. Pick up the Needle at Sea Bottom
20. Fan Through Back
21. Turn West, Deflect, Intercept, and Punch
22. Withdraw and Pushing Chi
23. Return the Tiger to the Mountain, Wu Chi
24. Closing

Homework:

Practice the entire form from beginning to end 4 times each day.