

# Traditional Yang Style Tai Chi Chuan

## 49 Form

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|-----------|--|------------|--|
| 1. 预备     | Preparation Form                         | 36. 转身白蛇吐信 | Turn Body and White Snake Spits out Tongue |
| 2. 起式     | Beginning                                | 37. 进步栽锤   | Step Forward and Punch Down                |
| 3. 拦雀尾    | Grasp the Bird's tail                    | 38. 右野马分鬃  | Parting Wild Horse's Mane, Right           |
| 4. 单鞭     | Single Whip                              | 39. 玉女穿梭   | Fair Lady Works at Shuttles                |
| 5. 云手     | Cloud Hands (1, 2, 3)                    | 40. 拦雀尾    | Grasp the Bird's tail                      |
| 6. 单鞭     | Single Whip                              | 41. 单鞭     | Single Whip                                |
| 7. 高探马    | High Pat on Horse                        | 42. 下势     | Snake Creeps Down                          |
| 8. 右分脚    | Right Separation Kick                    | 43. 上步七星   | Step Forward Seven Stars                   |
| 9. 左分脚    | Left Separation Kick                     | 44. 退步跨虎   | Step Back and Ride the Tiger               |
| 10. 转身左蹬脚 | Turn Body and Left Heel Kick             | 45. 转身摆莲   | Turn Body and Swing Over Lotus             |
| 11. 左搂膝拗步 | Left Brush Knee and Push                 | 46. 弯弓射虎   | Bend the Bow and Shoot the Tiger           |
| 12. 手挥琵琶  | Hand Strums the Lute                     | 47. 进步搬拦捶  | Step Forward, Parry Block and Punch        |
| 13. 高探马穿掌 | High Pat on Horse with Palm Thrust       | 48. 如封似闭   | Apparent Close Up                          |
| 14. 十字腿   | Cross Kick                               | 49. 十字手    | Cross Hands                                |
| 15. 左打虎式  | Left Strike Tiger                        | 收式         | Closing                                    |
| 16. 右打虎式  | Right Strike Tiger                       | 还原         | Return to Normal                           |
| 17. 回身右蹬脚 | Turn Body and Right Heel Kick            |            |  |
| 18. 双峰灌耳  | Twin Fists Strike Opponents Ears         |            |  |
| 19. 左蹬脚   | Left Heel Kick                           |            |  |
| 20. 转身撇身捶 | Turn Body and Chop with Fist             |            |  |
| 21. 进步指裆捶 | Step Forward and Punch Groin             |            |  |
| 22. 如封似闭  | Apparent Close Up                        |            |  |
| 23. 十字手   | Cross Hands                              |            |  |
| 24. 抱虎归山  | Embrace the Tiger and Return to Mountain |            |  |
| 25. 斜单鞭   | Diagonal Single Whip                     |            |  |
| 26. 肘底捶   | Fist Under Elbow                         |            |  |
| 27. 左金鸡独立 | Golden Rooster Stands on One Leg, Left   |            |  |
| 28. 右金鸡独立 | Golden Rooster Stands on One Leg, Right  |            |  |
| 29. 左倒撵猴  | Step Back and Repulse the Monkey, Left   |            |  |
| 30. 斜飞式   | Diagonal Flying                          |            |  |
| 31. 提手上势  | Raise Hands and Step Forward             |            |  |
| 32. 白鹤凉翅  | White Crane Spreads its Wings            |            |  |
| 33. 左搂膝拗步 | Left Brush Knee and Push                 |            |  |
| 34. 海底针   | Needle at Sea Bottom                     |            |  |
| 35. 扇通背   | Fan Through the Back                     |            |  |

