

Yang Taiji Hand Form

List of Movements

FIRST SECTION

1. Wuji
2. Beginning Taiji
3. Grasp Bird's Tail
4. Ward Off
5. Roll Back
6. Press
7. Separate Hands
8. Push
9. Single Whip
10. Lift Hands
11. Close Hands
12. Drop Hands
13. Elbow Strike
14. Stork Spreads Wings
15. Brush Knee Twist (Left)
16. Play Guitar
17. Brush Knee Twist (Left)
18. Brush Knee Twist (Right)
19. Brush Knee Twist (Left)
20. Play Guitar
21. Brush Knee Twist (Left)
22. Deflect Down, Parry and Punch
23. Separate Hands
24. Push
25. Apparent Close-up
26. Move to Cross Hands

SECOND SECTION

1. Carry Tiger to Mountain
2. Ward Off (Outside)
3. Roll back
4. Press
5. Separate Hands
6. Push
7. Make the Horizontal Circle
8. Fist Under Elbow
9. Repulse Monkey (Five Times)

10. Turn the Ball Over
11. Parting Wild Horse's Mane
12. Lift Hands
13. Close Hands
14. Drop Hands
15. Elbow Strike
16. Stork Spreads Wings
17. Brush Knee Twist
18. Needle at Sea Bottom
19. Fan Through Back
20. Turn and Chop at Back with Fist
21. Deflect Down, Parry and Punch
22. Most Forgotten Move
23. Ward Off
24. Roll back
25. Press
26. Separate Hands
27. Push
28. Single Whip
29. Wave Hands Like Clouds (Six Times)
30. Single Whip
31. High Pat on Horse
32. Separate Right Foot
33. Separate Left Foot
34. Turn and Left Heel Kick
35. Brush Knee Twist (Left)
36. Brush Knee Twist (Right)
37. Brush Knee Twist and Punch Down
38. Turn and Chop at Back with Fist
39. Deflect Down, Parry and Punch
40. Right Heel Kick
41. Strike the Tiger (Left)
42. Strike the Tiger (Right)
43. Right Heel Kick
44. Strike Opponent's Ears
45. Left Heel Kick
46. Turn and Right Heel Kick
47. Deflect Down, Parry and Punch
48. Separate Hands

- 49. Push
- 50. Apparent Close-Up
- 51. Move to Cross Hands

THIRD SECTION

- 1. Carry Tiger to Mountain
- 2. Ward off (Inside)
- 3. Rollback
- 4. Separate Hands
- 5. Push
- 6. Single Whip to the Opposite Corner
- 7. Parting Wild Horse's Mane (Three Times)
- 8. Grasp Bird's Tail
- 9. Ward Off
- 10. Roll back
- 11. Press
- 12. Separate Hands
- 13. Push
- 14. Single Whip
- 15. Fair Lady Works the Shuttle (First Corner)
- 16. Carry the Ball
- 17. Fair Lady Works the Shuttle (Second Corner)
- 18. Fair Lady Works the Shuttle (Third Corner)
- 19. Carry the Ball
- 20. Fair Lady Works the Shuttle (Fourth Corner)
- 21. Grasp Bird's Tail
- 22. Ward Off
- 23. Roll Back
- 24. Press
- 25. Separate Hands
- 26. Push
- 27. Single Whip
- 28. Wave Hands like Clouds (Six Times)
- 29. Single Whip (Long)
- 30. Snake Creeps Down
- 31. Golden Cock Stands on Left Leg
- 32. Golden Cock Stands on Right Leg
- 33. Repulse Monkey (Three Times)

- 34. Parting Wild Horse's Mane
- 35. Lift Hands
- 36. Close Hands
- 37. Drop Hands
- 38. Elbow Strike
- 39. Stork Spreads Wings
- 40. Brush Knee Twist
- 41. Needle at Sea Bottom
- 42. Fan Through Back
- 43. White Snake Turns and Sticks Out Tongue
- 44. Deflect Down, Parry and Punch
- 45. Most Forgotten Move
- 46. Roll Back
- 47. Press
- 48. Separate Hands
- 49. Push
- 50. Single Whip
- 51. Wave Hands Like Clouds (Six Times)
- 52. Single Whip
- 53. High Pat on Horse
- 54. Incidental Palm
- 55. Turn and Right Heel Kick
- 56. Deflect Down, Parry and Low Forward Punch
- 57. Ward Off
- 58. Roll Back (Steal a Step)
- 59. Press (Steal a Step)
- 60. Separate Hands
- 61. Push
- 62. Single Whip (Long)
- 63. Snake Creeps Down
- 64. Rise Up to Seven Stars
- 65. Retreat to Ride the Tiger
- 66. Sweeping Lotus Kick
- 67. Shoot the Tiger
- 68. Deflect Down, Parry and Punch
- 69. Separate Hands
- 70. Push
- 71. Apparent Close-Up
- 72. Move to Cross Hands
- 73. Closing Taiji
- 74. Wuji