Yang Style Tai Chi --Essential Form

--Prepare -in Pinyin: yu4 bei4 shi4; and in Simplified Mandarin Characters: **预备式**

1. Opening -qi3 shi4 起**势**
2. Grasp Bird's Tail -lan2 que4 wei2 **拦**雀尾
3. Parting Horse's Mane (Left) -ye3 ma3 fen1 zong1 野**马**分鬃
4. Fair Lady Works at Shuttles (R&L) - yu4 nu3 chuan1 suo1 玉女穿梭**(**右左）
5. Brush Knee and Push -lou1 xi1 ao3 bu4 **搂**膝拗步
6. Golden Rooster Stands on One Leg (L&R) -jin1 ji1 du2 li4 金**鸡**独立
7. Repulse Monkey (L&R) -dao4 nian3 hou2 倒**撵**猴
8. High pat on Horse and Thrust Palm -gao1 tan4 ma3 chuan1 zhang3 高探**马**穿掌
9. Right Separation Kick -you4 fen1 jiao3 右分脚
10. Left Heel Kick -zuo3 deng1 jiao3 左蹬脚
11. Twin Fists Box Ears -shuang1 feng1 guan4 er3 双峰灌耳
12. Step Back Needle at the Sea Bottom -che4 bu4 hai3 di3 zhen1撤步海底**针**
13. Cloud Hands (L&R) - yun2 shou3 云手
14. Single Whip/Low Form -dan1 bian1 xia4 shi4 **单**鞭下**势**
15. Step Forward Seven Stars - shang4 bu4 qi1 xing1上步七星
16. Step Back and Ride the Tiger -tui4 bu4 kua4 hu3 退步跨虎
17. Turn Body and Swing Over Lotus - zhuan3 shen1 bai3 lian2 **转身摆莲**
18. Bend Bow Shoot Tiger -wan1 gong1 she4 hu3 弯弓射虎
19. Step Forward, Parry, Block and Punch -jin4 bu4 ban1 lan2 chui2 **进**步搬**拦**捶
20. Apparent Close-up -ru2 feng1 si4 bi4 如封似**闭**
21. Cross Hands -shi2 zi4 shou3 十字手
22. Closing Form -shou1 shi4 收**势**

--Return to Original State -huan2 yuan2 **还**原

About Yang Style: Of the five major styles of Tai Chi practiced today, Yang Family Tai Chi is the most popular style of tai chi in the world. It is known for its large, graceful movements and vast health benefits. It's founder, Yang Luchan, around 1820, gained unprecedented access to Chen Family, by working in their compound and learning that family's style. Chen Style is more of a fighting style with difficult physical requirements. He learned it well and gained fame by being able to defeat any challenger. Through this fame and contacts in Beijing, he eventually became a teacher to the Emperor's Private Guard and their Manchurian Wrestlers, as well as a prince. During this process, he altered the form to suit these students with more graceful, even and flowing movements. He incorporated more health-focused Qi Gong (chee-gong) into the moves to help increase energy, gain and maintain strength, improve balance and overall wellness -while keeping the martial intent. Other styles followed including Wu, Wu/Hao, and Sun.

About the Essential Form: GM Yang Jun created and began teaching it to students at his school in Seattle in 2018. It is a shorter alternative to the 103-move Traditional Form and takes about 6 minutes to perform. It suits gyms, clubs, community programs, and those with limited time for their home practice. It contains most all the moves from the Traditional Form without the repetition in the 103, which takes about 25 minutes to complete. Many Yang Style Tai practitioners practice this after the Traditional Form to help refine their more challenging moves in the 103.

Links to videos of this form performed by the style's 5th lineage holder (6th generation) of Yang Family Tai Chi Chuan, Grandmaster Yan Jun, is posted on our website. Additional instructional videos from Movement & Flow Tai Chi are available at the link to our YouTube channel at our website as well. If you find them useful, please like and subscribe. https://movementandflow.net

Our certifying Tai Chi organization is The International Yang Family Tai Chi Chuan Association. Their website is quite extensive and has tons of info for free. Also, consider an IYFCCA membership ($30/yr) for access to much more training material, journals and newsletters -highly recommended! **https://yangfamilytaichi.com**

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