

Yang Short Form of Tai Chi

1. Beginning
2. Ward off right, then left
3. Grasp the sparrows tail, roll-back, press, push
4. **Single whip**
5. Lifting hands
6. Shoulder strike
7. White crane spreads its wings
8. Brush left knee and push
9. Playing guitar
10. Brush left knee and push
11. Step forward, deflect downward, intercept and punch, withdraw, push
12. Crossing hands
13. Embrace tiger, return to mountain
14. Grasp the sparrows tail, roll-back, press, push
15. **Diagonal single whip**
16. Fist under elbow
17. Repulse the monkey (right style, left style, right style)
18. Diagonal flying
19. Waving hands like clouds (3 times)
20. **Single whip + snake creeps down**
21. Golden pheasant stands on left leg
22. Golden pheasant stands on right leg
23. Separate right foot
24. Separate left foot
25. Turn and kick with left sole, brush left knee, brush right knee
26. Step forward and strike downward with right fist
27. Step forward and grasp the sparrows tail
28. **Single whip + four corners plus ward off left**
29. Grasp the sparrows tail, roll-back, press, push
30. **Single whip + snake creeps down**
31. Step forward to the seven stars of the dipper
32. Step back to ride the tiger
33. Turning body to sweep the lotus kick
34. Bend the bow to shoot the tiger
35. Step forward, deflect downward, intercept and punch, withdraw and push
36. Crossing hands
37. Conclusion of Tai Chi