

Yang Family Tai Chi Kung Form

Prepare - yu4 bei4 预 备

1. Opening Single Whip
Qǐ3 shǐ4 dān1 biān1 起势单鞭
2. Fist Under Elbow
Zhōu3 dǐ3 chuí2 肘底捶
3. Left & Right Step Back and Repulse the Monkey
Zuǒ3 yòu4 dǎo4 nián3 hóu2 左右倒撵猴
4. Brush Knee and Push
Lōu1 xī1 āo4 bù4 搂膝拗步
5. Right & Left Parting Wild Horse's Mane
Yòu4 zuǒ3 yě3 mǎ3 fēn1 zǒng1 左右野马分鬃
6. Right & Left Fair Lady Works at Shuttles
Yòu4 zuǒ3 yù4 nǚ3 chuān1 suǒ1 左右玉女穿梭
7. Turn Body and Left Heel Kick
Huǐ4 shēn1 zuǒ3 dēng1 tuǐ3 回身左蹬腿
8. Step Forward, Parry Block and Punch
Jìn4 bù4 bān1 lán2 chuí2 进步搬拦捶
9. Step Forward and Grasp the Bird's Tail
Shàng4 bù4 lǎn3 què4 wěi3 上步揽雀尾
10. Cross Hands Closing
Shí2 zì4 shǒu4 shǒu1 shǐ4 十字手收势

Return to starting position - huán2 yuán2 还原