



Yang Family Tai Chi

Senior Form – 26 Movement Form

	预 备	yu bei	Prepare
1	起式	qi shi	Opening
2	白鹤凉翅	bai he liang chi	White Crane Spreads its Wings
3	拦雀尾	lan que wei	Grasp the Bird's tail - Right ward-off - Roll back - Press - Push
4	肘底捶	zhou di (kan) chui	Fist Under Elbow
5	左右搂膝拗步	zou lou xi ao bu	Brush Knee and Push - left and right
6	进步栽捶	jin bu zai chui	Step Forward and Punch Down
7	右金鸡独立	you jin ji du li	Golden Rooster Stands on One Leg - R & L
8	右倒撵猴	you dao nian hou	Step Back and Repulse the Monkey, Right
9	高探马	gao tan ma	High Pat on Horse
10	右分脚	you fen jiao	Right Separation Kick
11	左蹬脚	zuo deng jiao	Left Heel Kick
12	双峰灌耳	shuang feng guan er	Twin Fists Strike Opponent's Ears
13	海底针	hai di zhen	Needle at Sea Bottom
14	右左云手(x2)	zuo you yun shou (x2)	Cloud Hands in a circle - left, right (x2)
15	单鞭	dan bian	Single Whip
16	转身白蛇吐信	zhuan shen bai she tu xin	Turn Body and White Snake Spits out Tongue
17	左野马分鬃	zuo ye ma fen zong	Turn body - Parting Wild Horse's Mane, Left
18	玉女穿梭	yu nu chuan suo	Turn body - Fair Lady Works at Shuttles
19	左右打虎式	zuo da hu shi	Strike Tiger - left and right
20	穿掌	chuan zhang	Step Forward with Palm Thrust
21	翻身七星捶	fan shen qi xing chui	Turn Over Seven Stars
22	弯弓射虎	wan gong she hu	Bend the Bow and Shoot the Tiger
23	进步搬拦捶	jin bu ban lan chui	Step Forward, Parry, Block and Punch
24	如封似闭	ru feng si bi	Apparent Close Up
25	十字手	shi zi shou	Cross Hands
26	收式	shou shi	Closing
	还原	huan yuan	Return to starting position

Link to Master Yang Jun doing the form:

https://www.youtube.com/watch?v=k7_qQvyUz-o