

YANG FAMILY TAI CHI ESSENTIAL FORM

Prepare	预备式	yu4 bei4 shi4
1. Opening	起势	qi3 shi4
2. Grasp Bird's Tail	拦雀尾	lan2 que4 wei2
3. Parting Horse's Mane (Left)	野马分鬃	ye3 ma3 fen1 zong1
4. Fair Lady Works with Shuttle (Right and Left)	玉女穿梭(右左)	yu4 nu3 chuan1 suo1 (you4 zuo3)
5. Brush Knee and Push	搂膝拗步	lou1 xi1 ao3 bu4
6. Golden Rooster Stands on One Leg (Left and Right)	金鸡独立(左右)	jin1 ji1 du2 li4 (zuo3 you4)
7. Repulse Monkey (Left and Right)	倒撵猴(左右)	dao4 nian3 hou2 (zuo3 you4)
8. High pat on Horse and Thrust Palm	高探马穿掌	gao1 tan4 ma3 chuan1 zhang3
9. Right Separation Kick	右分脚	you4 fen1 jiao3
10. Left Heel Kick	左蹬脚	zuo3 deng1 jiao3
11. Twin Fists Box Ears	双峰灌耳	shuang1 feng1 guan4 er3
12. Step Back Needle at the Sea Bottom	撤步海底针	che4 bu4 hai3 di3 zhen1
13. Cloud Hands (Left and Right)	云手(左右)	yun2 shou3 (zuo3 you4)
14. Single Whip/Low Form	单鞭下势	dan1 bian1 xia4 shi4
15. Step Forward Seven Stars	上步七星	shang4 bu4 qi1 xing1
16. Step Back and Ride the Tiger	退步跨虎	tui4 bu4 kua4 hu3
17. Turn Body and Swing Over Lotus	转身摆莲	zhuan3 shen1 bai3 lian2
18. Bend Bow Shoot Tiger	弯弓射虎	wan1 gong1 she4 hu3
19. Step Forward, Parry, Block and Punch	进步搬拦捶	jin4 bu4 ban1 lan2 chui2
20. Apparent Close-up	如封似闭	ru2 feng1 si4 bi4
21. Cross Hands	十字手	shi2 zi4 shou3
22. Closing Form	收势	shou1 shi4
Return to Original State	还原	huan2 yuan2