



Traditional Yang Family Tai Chi Chuan

Traditional Hand Form

103 Movements



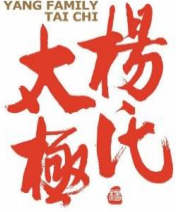
First Section

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	预备	yu4 bei4	Preparation Form	
1		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
	起式	qi3 shi4	Beginning	
2		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
	拦雀尾	lan2 que4 wei2	Grasp the Bird's tail	
3		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
	单鞭	dan1 bian1	Single whip	
4		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	提手上势	ti2 shou3 shang4 shi4	Raise Hands and Step Forward	
5		empty stance	left foot corner - bubbling well	right foot straight - ball touch
	白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings	
6		empty stance	left foot straight - ball touch	right foot corner - bubbling well
	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push	
7		bow stance	left foot straight - bubbling well	right foot corner - bubbling well

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8	手挥琵琶	shou3 hui1 pi2 pa	Hand Strums the Lute	
		empty stance	left foot straight - whole heel touch	right foot corner - bubbling well
9	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
10	右搂膝拗步	you4 lou1 xi1 ao3 bu4	Right Brush Knee and Push	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
11	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
12	手挥琵琶	shou3 hui1 pi2 pa	Hand Strums the Lute	
		empty stance	left foot straight - whole heel touch	right foot corner - bubbling well
13	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well



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	进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step forward, Parry Block and Punch	
14		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	如封似闭	ru2 feng1 si4 bi4	Apparent Close Up	
15		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	十字手	shi2 zi4 shou3	Cross Hands	
16		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well