

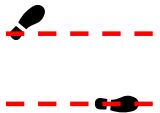
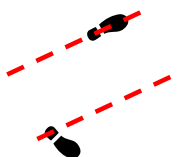
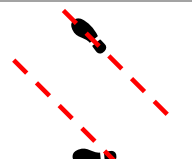
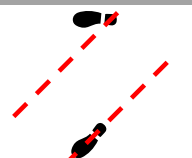
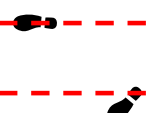




Traditional Yang Family Tai Chi Chuan Essential Form 22 Movement






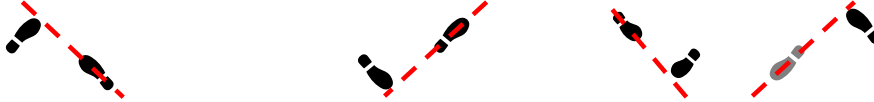
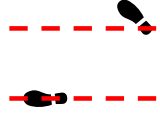
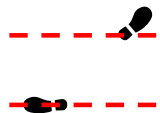
	预备式	yu4 bei4 shi4	Prepare	
		closed stance	left foot straight - south - bubbling well	right foot straight - south - bubbling well
1	起势	qi3 shi4	Opening	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
2	拦雀尾	lan2 que4 wei2	Grasp Bird's tail	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
3	野马分鬃	ye3 ma3 fen1 zong1	Parting Wild Horse's Mane (Left)	
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot less then corner - bubbling well
4	玉女穿梭 (右左)	yu4 nu3 chuan1 suo1 (you4 zuo3)	Fair Lady Works with Shuttles (Right and Left)	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
5	搂膝拗步	lou1 xi1 ao3 bu4	Brush Knee and Push	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well





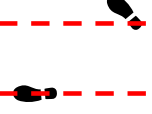
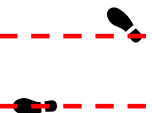



Traditional Yang Family Tai Chi Chuan Essential Form 22 Movement



6	金鸡独立(左右)	jin1 ji1 du2 li4 (zuo3 you4)	Golden Rooster Stands on One Leg (Left and Right)	
		one leg standing stance	left foot corner - bubbling well	right knee lifted straight
		one leg standing stance	left knee lifted straight	right foot corner - bubbling well
7	倒撵猴(左右)	dao4 nian3 hou2 (zuo3 you4)	Repulse Monkey (Left and Right)	
		empty stance	left foot corner - bubbling well	right foot straight - whole heel touch
		empty stance	left foot straight - whole heel touch	right foot corner - bubbling well
8	高探马穿掌	gao1 tan4 ma3 chuan1 zhang3	High Paton On Horse and Palm Thrust	
		empty stance	left foot straight - ball touch	right foot corner - bubbling well
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
9	右分脚	you4 fen1 jiao3	Right Separation Kick	
		one leg standing stance	left foot less then corner - bubbling well	kicking direction less then corner

10	左蹬脚	zuo3 deng1 jiao3	Left Heel Kick	
		one leg standing stance	kicking direction straight	right foot corner - bubbling well
11	双峰灌耳	shuang1 feng1 guan4 er3	Twin Fists Box Ears	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
12	撤步海底针	che4 bu4 hai3 di3 zhen1	Step Back Needle at the Sea Bottom	
		empty stance	left foot straight - ball touch	right foot corner - bubbling well
13	云手(左右)	yun2 shou3 (zuo3 you4)	Cloud Hands (Left an Right)	
			both feet every time corner	
				
14	单鞭下势	dan1 bian1 xia4 shi4	Single Whip/Low Form	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
		down stance	left foot straight - bubbling well	right foot back corner - bubbling well

	上步七星	shang4 bu4 qi1 xing1	Step Forward Seven Stars	
15		empty stance	left foot corner - bubbling well	right foot straight - ball touch
	退步跨虎	tui4 bu4 kua4 hu3	Step Back and Ride the Tiger	
16		empty stance	left foot straight - ball touch	right foot corner - bubbling well
	转身摆莲	zhuan3 shen1 bai3 lian2	Turn Body and Swing Over Lotus	
17		one leg standing stance	left foot straight - bubbling well	right knee lifted corner
	弯弓射虎	wan1 gong1 she4 hu3	Bend Bow Shoot Tiger	
18		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry, Block and Punch	
19		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	如封似闭	ru2 feng1 si4 bi4	Apparent Close-up	
20		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	十字手	shi2 zi4 shou3	Cross Hands	
21		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well



Traditional Yang Family Tai Chi Chuan

Essential Form

22 Movement



	收势	shou1 shi4	Closing Form	
22		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
	还原	huan2 yuan2	Return to Original State	
		closed stance	left foot straight - bubbling well	right foot straight - bubbling well