

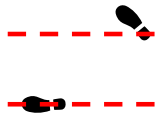



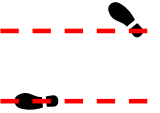


	预备	yu4 bei4	Prepare	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
	起势单鞭	Qi3 shi4 dan1 bian1	Opening Single whip	
1		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
	肘底捶	Zhou3 di3 chui2	Fist Under Elbow	
2		empty stance	left foot straight - whole heel touch	right foot corner - bubbling well
	左右倒撵猴	Zuo3 you4 dao4 nian3 hou2	Left & Right Step Back and Repulse the Monkey	
3		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
	搂膝拗步	Lou1 xi1 ao4 bu4	Brush Knee and Push	
4		bow stance	left foot straight - bubbling well	right foot corner - bubbling well



Traditional Yang Family Tai Chi Chuan Tai Chi Kung 10 Movements



5	左右野馬分鬃	You4 zuo3 ye3 ma3 fen1 zong1	Right & Left Parting Wild Horse's Mane	
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot less then corner - bubbling well
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot less then corner - bubbling well
6	左右玉女穿梭	You4 zuo3 yu4 nu3 chuan1 suo1	Right & Left Fair Lady Works at Shuttles	
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot less then corner - bubbling well
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot less then corner - bubbling well
7	回身左蹬腿	Hui4 shen1 zuo3 deng1 tui3	Turn Body and Left Heel Kick	
		one leg standing stance	kicking direction straight	right foot corner - bubbling well
8	進步搬攔捶	Jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
9	上步攬雀尾	Shang4 bu4 lan3 que4 wei3	Step Forward and Grasp the Bird's tail	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well



Traditional Yang Family Tai Chi Chuan Tai Chi Kung 10 Movements



10	十字手收势	Shi2 zi4 shou4 shou1 shi4	Cross Hands Closing	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
	还原	huan2 yuan2	Return to starting position	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well