



Traditional Yang Family Tai Chi Chuan

Senior Form

26 Movements



	预 备	yu4 bei4	Preparation Form	
		closed stance	left foot straight - south - bubbling well	right foot straight - south - bubbling well
1	起式	qi3 shi4	Beginning	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
2	白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings	
		empty stance	left foot straight - ball touch	right foot corner - bubbling well
3	拦雀尾	lan2 que4 wei2	Grasp the Bird's tail	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
4	肘底捶	zhou3 di3 (kan4) chui2	Fist Under Elbow	
		empty stance	left foot straight - whole heel touch	right foot corner - bubbling well
5	搂膝拗步(左右)	lou1 xi1 ao3 bu4 (zuo3 you4)	Brush Knee and Push (Left and Right)	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
6	进步栽锤	jin4 bu4 zai1 chui2	Step Forward and Punch Down	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well

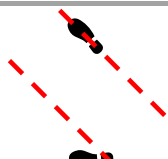


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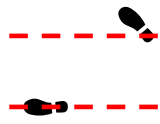
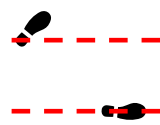
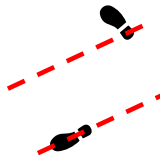
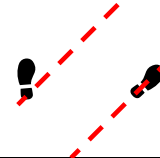


7	金鸡独立(右左)	jin1 ji1 du2 li4 (you4 zuo3)	Golden Rooster Stands on One Leg (Right and Left)	
		one leg standing stance	left knee lifted straight	right foot corner - bubbling well
		one leg standing stance	left foot corner - bubbling well	right knee lifted straight
8	右倒撵猴	you4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Right	
		empty stance	left foot straight - whole heel touch	right foot corner - bubbling well
9	高探马	gao1 tan4 ma3	High Pat on Horse	
		empty stance	left foot straight - ball touch	right foot corner - bubbling well
10	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
11	左蹬脚	zuo3 deng1 jiao3	Left Heel Kick	
		one leg standing stance	kicking direction straight	right foot corner - bubbling well
12	双峰灌耳	shuang1 feng1 guan4 er3	Twin Fists Strike Opponents Ears	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well

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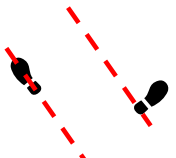
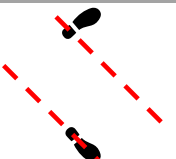
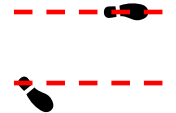
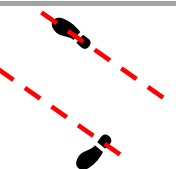
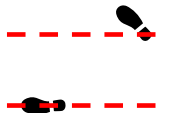
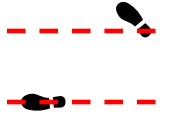
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13	海底针	hai3 di3 zhen1	Needle at Sea Bottom	
		empty stance	left foot straight - ball touch	right foot corner - bubbling well
14	云手 (左右)	yun2 shou3 (zuo3 you4)	Cloud Hands (left an right)	
			both feet every time corner	
15	单鞭	dan1 bian1	Single whip	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
16	转身白蛇吐信	zhuan3 shen1 bai2 she2 tu4 xin4	Turn Body and White Snake Spits out Tongue	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
17	左野马分鬃	zuo3 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Left	
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot corner - bubbling well
18	玉女穿梭	yu4 nu3 chuan1 suo1	Fair Lady Works at Shuttles	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well

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19	打虎式 (左右)	da3 hu3 shi4 (zuo3 you4)	Strike Tiger (Left and Right)	
		diagonal bow stance	left foot less then corner - bubbling well	right foot corner - bubbling well
		diagonal bow stance	left foot less then corner - bubbling well	right foot corner - bubbling well
20	穿掌	chuan1 zhang3	Palm Thrust	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
21	翻身七星捶	fan1 shen1 qi1 xing1 chui3	Turn Body Seven Stars	
		empty stance	left foot corner - bubbling well	right foot straight - ball touch
22	弯弓射虎	wan1 gong1 she4 hu3	Bend the Bow and Shoot the Tiger	
		bow stance	left foot corner - bubbling well	right foot less then corner - bubbling well
23	进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
24	如封似闭	ru2 feng1 si4 bi4	Apparent Close Up	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well



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25	十字手	shi2 zi4 shou3	Cross Hands	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
26	收式	shou1 shi4	Closing	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
	还原	huan2 yuan2	Return to Normal	
		closed stance	left foot straight - bubbling well	right foot straight - bubbling well