



Traditional Yang Family Tai Chi Chuan

16 Movement Hand Form



	预备	yu4 bei4	Preparation Form	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
1	起式	qi3 shi4	Beginning	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
2	云手	yun2 shou3 (1)	Cloud Hands (1)	
		horse stance	left foot straight - bubbling well	right foot straight - bubbling well
3	单鞭	dan1 bian1	Single Whip	
		bow stance	left foot straight - bubbling well	right foot corner - 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	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
6	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
7	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



Traditional Yang Family Tai Chi Chuan

16 Movement Hand Form



8	倒撵猴	dao4 nian3 hou2	Step Back and Repulse the Monkey	
		empty stance	left foot corner - bubbling well	right foot straight - whole heel touch
9	左打虎式	zuo3 da3 hu3 shi4	Left Strike Tiger	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
10	野马分鬃	ye3 ma3 fen1 zong1	Parting Wild Horse's Mane	
		bow stance dragon walk direction	left foot less then corner - bubbling well	right foot corner - bubbling well
11	进步指裆锤	jin4 bu4 zhi3 dang1 chui2	Step Forward and Punch Groin	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well
12	转身白蛇吐信	zhuān3 shēn1 bái2 shé2 tǔ4 xìn4	Turn Body and White Snake Spits out Tongue	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
13	进步搬拦捶	jin4 bu4 bān1 lān2 chuí2	Step Forward, Parry Block and Punch	
		bow stance	left foot straight - bubbling well	right foot corner - bubbling well



Traditional Yang Family Tai Chi Chuan 16 Movement Hand Form



14	上步拦雀尾	shang4 bu4 lan2 que4 wei2	Step Forward and Grasp the Bird's tail	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
15	十字手	shi2 zi4 shou3	Cross Hands	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well
16	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	
		shoulder-wide stance	left foot straight - bubbling well	right foot straight - bubbling well