



Traditional Yang Family Tai Chi Chuan

Senior Form

26 Movements



	预 备	yu4 bei4	Preparation Form	
		closed stance	left foot straight - south - whole foot touch	right foot straight - south - whole foot touch
1	起式	qi3 shi4	Beginning	
		straight stance	left foot straight - whole foot touch	right foot straight - whole foot touch
2	白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings	
		empty stance	left foot straight - ball touch	right foot corner - whole foot touch
3	拦雀尾	lan2 que4 wei2	Grasp the Bird's tail	
		bow stance	left foot corner - whole foot touch	right foot straight - whole foot touch
4	肘底捶	zhou3 di3 (kan4) chui2	Fist Under Elbow	
		empty stance	left foot straight - whole heel touch	right foot corner - whole foot touch
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 - whole foot touch	right foot corner - whole foot touch
		bow stance	left foot corner - whole foot touch	right foot straight - whole foot touch
6	进步栽锤	jin4 bu4 zai1 chui2	Step Forward and Punch Down	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch



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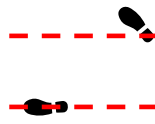
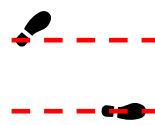
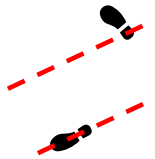
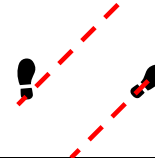


7	金鸡独立(右左)	jin1 ji1 du2 li4 (you4 zuo3)	Golden Rooster Stands on One Leg (Right and Left)	
		one leg standing stance	left knee lifted straight	right foot corner - whole foot touch
		one leg standing stance	left foot corner - whole foot touch	right knee lifted straight
8	右倒撵猴	you4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Right	
		empty stance	left foot straight - whole heel touch	right foot corner - whole foot touch
9	高探马	gao1 tan4 ma3	High Pat on Horse	
		empty stance	left foot straight - ball touch	right foot corner - whole foot touch
10	右分脚	you4 fen1 jiao3	Right Separation Kick	
		one leg standing stance	left foot less then corner - whole foot touch	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 - whole foot touch
12	双峰灌耳	shuang1 feng1 guan4 er3	Twin Fists Strike Opponents Ears	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch

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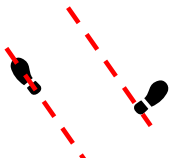
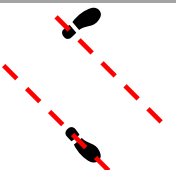
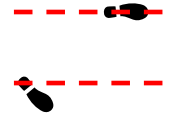
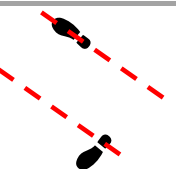
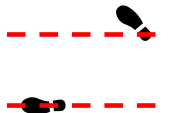
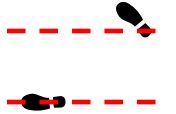
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13	海底针	hai3 di3 zhen1	Needle at Sea Bottom	
		empty stance	left foot straight - ball touch	right foot corner - whole foot touch
14	云手 (左右)	yun2 shou3 (zuo3 you4)	Cloud Hands (left an right)	
			both feet every time corner	
15	单鞭	dan1 bian1	Single whip	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch
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 - whole foot touch	right foot straight - whole foot touch
17	左野马分鬃	zuo3 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Left	
		bow stance	left foot less than corner - whole foot touch	right foot corner - whole foot touch
18	玉女穿梭	yu4 nu3 chuan1 suo1	Fair Lady Works at Shuttles	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch

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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 - whole foot touch	right foot corner - whole foot touch
		diagonal bow stance	left foot less then corner - whole foot touch	right foot corner - whole foot touch
20	穿掌	chuan1 zhang3	Palm Thrust	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch
21	翻身七星捶	fan1 shen1 qi1 xing1 chui3	Turn Body Seven Stars	
		empty stance	left foot corner - whole foot touch	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 - whole foot touch	right foot less then corner - whole foot touch
23	进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch
24	如封似闭	ru2 feng1 si4 bi4	Apparent Close Up	
		bow stance	left foot straight - whole foot touch	right foot corner - whole foot touch



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