



Traditional Yang Family Tai Chi Chuan

13 Movement Hand Form



	预备	yu4 bei4	Preparation Form	
		straight stance	left foot straight - bubbling well	right foot straight - bubbling well
1	起式	qi3 shi4	Beginning	
		straight 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



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8	高探马穿掌	gao1 tan4 ma3 chuan1 zhang3	High Pat on Horse with 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	转身撇身捶	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Chop with Fist	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
10	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
11	拦雀尾	lan2 que4 wei2	Grasp the Bird's Tail	
		bow stance	left foot corner - bubbling well	right foot straight - bubbling well
12	十字手	shi2 zi4 shou3	Cross Hands	
		straight stance	left foot straight - bubbling well	right foot straight - bubbling well
13	收式	shou1 shi4	Closing	
		straight stance	left foot straight - bubbling well	right foot straight - bubbling well
	还原	huan2 yuan2	Return to Normal	
		straight stance	left foot straight - bubbling well	right foot straight - bubbling well