

Traditional Yang Family Tai Chi Chuan 103 Movement Hand Form, Section 1

1. Preparation Form
2. Beginning
3. Grasp the Bird's tail
4. Single whip
5. Raise Hands and Step Forward
6. White Crane Spreads its Wings
7. Left Brush Knee and Push
8. Hand Strums the Lute
9. Left Brush Knee and Push
10. Right Brush Knee and Push
11. Left Brush Knee and Push
12. Hand Strums the Lute
13. Left Brush Knee and Push
14. Step forward, Parry Block and Punch
15. Apparent Close Up
16. Cross Hands