

# **Traditional Yang Family Tai Chi Chuan**

## **103 Movement Hand Form, Section 2**

17. Embrace the Tiger and Return to Mountain
18. Fist Under Elbow
19. Step Back and Repulse the Monkey, Left
20. Step Back and Repulse the Monkey, Right
21. Step Back and Repulse the Monkey, Left
22. Diagonal Flying
23. Raise Hands and Step Forward
24. White Crane Spreads its Wings
25. Left Brush Knee and Push
26. Needle at Sea Bottom
27. Fan Through the Back
28. Turn Body and Chop with Fist
29. Step Forward, Parry Block and Punch
30. Step Forward and Grasp the Bird's Tail
31. Single whip
32. Cloud Hands (1)
33. Cloud Hands (2)
34. Cloud Hands (3)
35. Single whip
36. High Pat on Horse
37. Right Separation Kick
38. Left Separation Kick
39. Turn Body and Left Heel Kick
40. Left Brush Knee and Push
41. Right Brush Knee and Push
42. Step Forward and Punch Down
43. Turn Body and Chop with Fist
44. Step Forward, Parry Block and Punch
45. Right Heel Kick
46. Left Strike Tiger
47. Right Strike Tiger
48. Turn Body and Right Heel Kick
49. Twin Fists Strike Opponents Ears
50. Left Heel Kick
51. Turn Body and Right Heel Kick
52. Step Forward, Parry Block and Punch
53. Apparent Close Up
54. Cross Hands