

# Traditional Yang Family Tai Chi Chuan

## 103 Movement Hand Form, Section 3

55. Embrace the Tiger and Return to Mountain
56. Diagonal Single Whip
57. Parting Wild Horse's Mane, Right
58. Parting Wild Horse's Mane, Left
59. Parting Wild Horse's Mane, Right
60. Grasp the Bird's tail
61. Single Whip
62. Fair Lady Works at Shuttles
63. Grasp the Bird's tail
64. Single Whip
65. Cloud Hands (1)
66. Cloud Hands (2)
67. Cloud Hands (3)
68. Single Whip
69. Snake Creeps Down
70. Golden Rooster Stands on One Leg, Left
71. Golden Rooster Stands on One Leg, Right
72. Step Back and Repulse the Monkey, Left
73. Step Back and Repulse the Monkey, Right
74. Step Back and Repulse the Monkey, Left
75. Diagonal Flying
76. Raise Hands and Step Forward
77. White Crane Spreads its Wings
78. Left Brush Knee and Push
79. Needle at Sea Bottom
80. Fan Through the Back
81. Turn Body and White Snake Spits out Tongue
82. Step Forward, Parry Block and Punch
83. Step Forward and Grasp the Bird's tail
84. Single Whip
85. Cloud Hands (1)
86. Cloud Hands (2)
87. Cloud Hands (3)
88. Single Whip
89. High Paton On Horse with Palm Thrust
90. Cross Kick
91. Step Forward and Punch Groin
92. Step Forward and Grasp the Bird's tail
93. Single Whip
94. Snake Creeps Down
95. Step Forward Seven Stars

96. Step back and Ride the Tiger
97. Turn Body and Swing Over Lotus
98. Bend the Bow and Shoot the Tiger
99. Step Forward, Parry Block and Punch
100. Apparent Close Up
101. Cross Hands
102. Closing
103. Return to Normal