

Yang Style Tai Chi Chuan

26-Move Form

Prepare

1. Opening
 2. White Crane Spreads Its Wings
 3. Grasp Bird's Tail
 4. Fist Under Elbow
 5. Brush Knee and Push (left and right)
 6. Step Forward and Punch Down
 7. Golden Rooster Stands on One Leg (2)
 8. Repulse Monkey (1)
 9. High Pat on Horse
 10. Right Separation Kick
 11. Left Heel Kick
 12. Twin Fists Strike Opponent's Ears
 13. Needle at the Sea Bottom
 14. Cloud Hands
 15. Single Whip
 16. Turn Body and White Snake Spits Out Tongue
 17. Part Wild Horse's Mane (1)
 18. Fair Lady Works Shuttles (1)
 19. Strike Tiger (2)
 20. Step Forward with Palm Thrust
 21. Turn Over Seven Stars
 22. Bend the Bow and Shoot the Tiger
 23. Step Forward, Parry, Block and Punch
 24. Apparent Close-up
 25. Cross Hands
 26. Close Form
- Return to Original State