

# Yang Style Tai Chi Chuan

## Senior 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