

Yang Style Tai Chi Chuan 16 Movement Hand Form

预备	Preparation Form
1. 起式	Beginning
2. 云手	Cloud Hands (1)
3. 单鞭	Single Whip
4. 肘底捶	Fist Under Elbow
5. 白鹤凉翅	White Crane Spreads its Wings
6. 左搂膝拗步	Left Brush Knee and Push
7. 手挥琵琶	Hand Strums the Lute
8. 倒撵猴	Step Back and Repulse the Monkey
9. 左打虎式	Left Strike Tiger
10. 野马分鬃	Parting Wild Horse's Mane
11. 进步指裆锤	Step Forward and Punch Groin
12. 转身白蛇吐信	Turn Body and White Snake Spits out Tongue
13. 进步搬拦捶	Step Forward, Parry Block and Punch
14. 上步拦雀尾	Step Forward and Grasp the Bird's tail
15. 十字手	Cross Hands
16. 收式	Closing
还原	Return to Normal

Source: www.yangfamilytaichi.com

