

T'ai Chi Ch'uan Yang Style 108 Movements

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| <ol style="list-style-type: none"> 1. Opening movement 2. Ward-off, right 3. Ward-off left 4. Grasping the bird's tail 5. <i>Press</i> 6. Withdraw 7. Push 8. Single whip 9. <i>Little foot adjustment</i>, Close hands 10. White Crane, <i>transitional movement</i>: 11. Brush knee 12. Empty step/Play the guitar 13. Brush knee 14. Brush knee 15. Brush knee 16. Empty step/Play the guitar 17. Brush knee 18. Strike, parry & punch 19. Retreat & seal, <i>push</i> 20. Circle arms, crossing wrists (end of sect. 1) 21. Carry tiger to mountain 22. Grasping the bird's tail (<i>press, withdraw, push</i>)
(<i>Polishing</i>) 23. Fist under elbow 24. Repulse the monkey 25. Repulse the monkey 26. Repulse the monkey 27. Slanting flying (<i>empty step</i>) 28. Close hands 29. White Crane (<i>transitional movement</i>) 30. Brush knee, <i>empty step</i> 31. Needle at the bottom of the sea 32. Fan through the back 33. Strike, parry & punch 34. 2 birds 35. Grasping the bird's tail (<i>press, withdraw, push</i>) 36. Single whip | <ol style="list-style-type: none"> 37. Wave hands like clouds 38. Single whip 39. High pat on horse 40. Right side kick 41. Left side kick 42. Turn around, kick with left heel 43. Brush knee 44. Brush knee 45. Step forward and punch down 46. Turn, fan through the back 47. Strike, parry & punch 48. Kick with right heel, <i>Polish the mirror</i> 49. Strike tiger to the left 50. Strike tiger to the right 51. Right heel kick, <i>Sliding pivot</i> 52. Box opponent's ears with 2 fists 53. Left heel kick, <i>Spin pivot</i> 54. Right heel kick 55. Step through, parry & punch 56. Retreat and seal, <i>push</i> 57. Circle arms, crossing wrists (end of sect. 2) 58. Carry tiger to mountain 59. Grasping the bird's tail (<i>press, withdraw, push</i>) 60. Diagonal single whip 61. Parting the wild horse's mane 62. Parting the wild horse's mane 63. Parting the wild horse's mane 64. Ward off left 65. Grasping the bird's tail (<i>press, withdraw, push</i>) 66. Single whip 67. Fair lady works the shuttles 68. Fair lady works the shuttles 69. Fair lady works the shuttles 70. Fair lady works the shuttles 71. Ward off left 72. Gasping the bird's tail (<i>press, withdraw, push</i>) 73. Single whip | <ol style="list-style-type: none"> 74. Wave hands like clouds 75. Single whip 76. Snake creeps down 77. Rooster lifts leg R 78. Rooster lifts leg L 79. Repulse the monkey 80. Repulse the monkey 81. Repulse the monkey 82. Slanting flying, <i>Empty step</i> 83. Close hands 84. White Crane 85. Brush knee, <i>Empty step</i> 86. Needle at the bottom of the sea 87. Turn, fan through the back, open palm 88. White snake sticks out its tongue 89. Strike, parry & punch 90. 2 birds 91. Grasping the bird's tail (<i>Press, withdraw, push</i>) 92. Single whip 93. Wave hands like clouds 94. Single whip 95. High pat on horse, <i>Thrust out palm</i> 96. Turn, kick with Right heel 97. Low punching posture 98. 2 birds 99. Step through, grasping the bird's tail
(<i>press, withdraw, push</i>) 100. Single whip 101. Snake creeps down 102. Step up to form 7 stars 103. Step back over tiger, <i>Spin pivot</i> 104. Lotus kick 105. Shoot tiger with bow 106. Strike, parry & punch 107. Retreat and seal, <i>push</i> 108. Circle arms, crossing wrists |
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