

Yang Style 10 Tai Chi (STAY IN PLACE)

- 1. Opening (lift water)**
- 2. Repulse the Monkey – Right / Left (DO NOT STEP BACK)**
- 3. Brush Knee- Left / turn 180 deg to right / Brush Knee- Right / Hold the ball**
- 4. Turn 180 deg to left / Part the Horse's Mane- Left / turn 180 deg right / Part Mane- Right**
- 5. Turn 180 deg left / Wave Hands Like Clouds- Left- 2x / turn 180 deg right / Wave Right- 2x**
- 6. Rooster Stands on One Leg- lift Rt knee & Rt hand – ON LFT LEG / lift Lft knee & Lft hand -ON RT LEG**
- 7. Right Heel Kick- 45 deg Right / Left Heel Kick- 45 deg Left (STAY IN PLACE)**
- 8. Grasp the Sparrow's Tail- Form ball Left-Ward off Right.. / “WAVE” / Form ball Right–Ward off Left..
(L then R)**
- 9. Cross Hands / Embrace the Tiger**
- 10. Close**