

Yang Style Tai Chi 16 Form

1. Open
2. Part the wild horse's mane L, R (make sure right foot turns to 45° before you start R one)
3. White dove spreads wings to R (Left ½ step, Left hand up, right hand down, Right toe out)
4. Whirl-wind R then L into Brush knee R, L
5. Deflect, parry, punch
6. Apparent closing- wipe, withdraw, and push
7. Turn R and form R crane hook then Single whip to Left
8. Play the lute Left (left arm up, right hand to left elbow, L heel is out front)
9. Step back with L foot, Repulse monkey R, step back with R foot Repulse Monkey L
10. 180 deg turn on heels, Fair lady works the shuttle to Left, then Right
11. Left Needle at the bottom of the sea, right foot onto toe empty step
12. Fan through the back (of L hand)- ON LEFT SIDE!
13. Wave hands like clouds TWICE to Right. Form the ball on the L.
14. Grasp sparrow's tail to R, L (form the ball, ward off, grasp tail, roll back, press, withdraw, push)
15. Cross hands / Embrace the tiger
16. Close