

**Traditional Yang Style Tai Chi Chuan**  
**49 Demonstration Form**  
**(from Yang Family Tai Chi site, see LINKS)**

1	· ·	yu4 bei4	Preparation Form
2	起式	qi3 shi4	Beginning
3	· 雀尾	lan2 que4 wei3	Grasp the Bird's tail
4	鞭	dan1 bian1	Single whip
5	云手	yun2 shou3 (1, 2, 3)	Cloud Hands (1, 2, 3)
6	鞭	dan1 bian1	Single whip
7	高探·	gao1 tan4 ma3	High Pat on Horse
8	右分脚	you4 fen1 jiao3	Right Separation Kick
9	左分脚	zuo3 fen1 jiao3	Left Separation Kick
10	· 身左· 脚	zhuan3 shen1 zuo3 deng1 jiao3	Turn Body and Left Heel Kick
11	左· 膝拗	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
12	手· 琵琶	shou3 hui1 pi2 pa	Hand Strums the Lute
13	高探· 穿掌	gao1 tan4 ma3 chuan1 zhang3	High Pat on Horse with Palm Thrust
14	十字腿	shi2 zi4 tui3	Cross Kick
15	左打虎式	zuo3 da3 hu3 shi4	Left Strike Tiger
16	右打虎式	you4 da3 hu3 shi4	Right Strike Tiger
17	回身右· 脚	hui2 shen1 you4 deng1 jiao3	Turn Body and Right Heel Kick
18	双峰灌耳	shuang1 feng1 guan4 er3	Twin Fists Strike Opponents Ears
19	左· 脚	zuo3 deng1 jiao3	Left Heel Kick
20	· 身· 身·	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Chop with Fist
21	· 指· ·	jin4 bu4 zhi3 dang1 chui2	Step Forward and Punch Groin

22	如封似·	ru2 feng1 si4 bi4	Apparent Close Up
23	十字手	shi2 zi4 shou3	Cross Hands
24	抱虎 山	bao4 hu3 gui1 shan1	Embrace the Tiger and Return to Mountain
25	斜 鞭	xie2 dan1 bian1	Diagonal Single Whip
26	肘底捶	zhou3 di3 (kan4) chui2	Fist Under Elbow
27	左金· 独立	zuo3 jin1 ji1 du2 li4	Golden Rooster Stands on One Leg, Left
28	右金· 独立	you4 jin1 ji1 du2 li4	Golden Rooster Stands on One Leg, Right
29	左倒· 猴	zuo3 dao4 nian3 hou2	Step Back and Repulse the Monkey, Left
30	斜 式	xie2 fei1 shi4	Diagonal Flying
31	提手上	ti2 shou3 shang4 shi4	Raise Hands and Step Forward
32	白· 凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings
33	左· 膝拗	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
34	海底·	hai3 di3 zhen1	Needle at Sea Bottom
35	扇通背	shan4 tong1 bei4	Fan Through the Back
36	· 身白蛇吐信	zhuan3 shen1 bai2 she2 tu4 xin4	Turn Body and White Snake Spits out Tongue
37	· 栽·	jin4 bu4 zai1 chui2	Step Forward and Punch Down
38	右野· 分·	you4 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Right
39	玉女穿梭	yu4 nu3 chuan1 suo1	Fair Lady Works at Shuttles
40	· 雀尾	lan2 que4 wei3	Grasp the Bird's tail
41	鞭	dan1 bian1	Single Whip
42	下	xia4 shi4	Snake Creeps Down
43	上 七星	shang4 bu4 qi1 xing1	Step Forward Seven Stars

44	退 跨虎	tui4 bu4 kua4 hu3	Step back and Ride the Tiger
45	· 身·	zhuan3 shen1 bai3 lian2	Turn Body and Swing Over Lotus
46	弯弓射虎	wan1 gong1 she4 hu3	Bend the Bow and Shoot the Tiger
47	· 搬· 捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
48	如封似·	ru2 feng1 si4 bi4	Apparent Close Up
49	十字手	shi2 zi4 shou3	Cross Hands
ii	收式	shou1 shi4	Closing
ii	· 原	huan2 yuan2	Return to Normal