

## Asian Arts Intorductory Tai Chi

### Yang Style - Set 2

1. 起始 Commencing
2. 野马分鬃 Part the Wild Horse's Mane (L, R, L)
3. 高探馬 High Pat on Horse
4. 雙峰貫耳 Strike to Ears with Both Fists
5. 左蹬脚 Left Heel Kick
6. 搦膝拗步 Brush Knee and Step Forward (L, R, L)
7. 手揮琵琶 Play the Lute
8. 野马分鬃 Part the Wild Horse's Mane (R, L)
9. 攬雀尾 Grasp the Sparrow's Tail (R)
10. 收勢 Closing