

## Traditional Yang Style Tai Chi - 108 Movements

### (Alternate Counting of the 103 Movement Form)

- |     |        |  |
|-----|--------|--|
| 1.  | 预备     | Preparation Form                           |
| 2.  | 起式     | Beginning                                  |
| 4.  |        | Ward Off                                   |
| 5.  | 拦雀尾    | Grasp the Sparow's tail                    |
| 5.  | 单鞭     | Single whip                                |
| 6   | 提手上势   | Raise Hands and Step Forward               |
| 7.  | 白鹤凉翅   | White Crane Spreads its Wings              |
| 8.  | 左搂膝拗步  | Left Brush Knee and Push                   |
| 9.  | 手挥琵琶   | Hand Strums the Lute                       |
| 10. | 左搂膝拗步  | Left Brush Knee and Push                   |
| 11. | 右搂膝拗步  | Right Brush Knee and Push                  |
| 12. | 左搂膝拗步  | Left Brush Knee and Push                   |
| 13. | 手挥琵琶   | Hand Strums the Lute                       |
| 14. | 左搂膝拗步  | Left Brush Knee and Push                   |
| 15. | 进步搬拦捶  | Step forward, Parry Block and Punch        |
| 16. | 如封似闭   | Apparent Close Up                          |
| 17. | 十字手    | Cross Hands                                |
| 18. | 抱虎归山   | Embrace the Tiger and Return to Mountain   |
| 19. | 抱虎归山   | Grasp the Sparow's tail                    |
| 20. | 肘底捶    | Fist Under Elbow                           |
| 21. | 左倒撵猴   | Step Back and Repulse the Monkey, Left     |
| 22. | 右倒撵猴   | Step Back and Repulse the Monkey, Right    |
| 23. | 左倒撵猴   | Step Back and Repulse the Monkey, Left     |
| 24. | 斜飞式    | Diagonal Flying                            |
| 25. | 提手上势   | Raise Hands and Step Forward               |
| 26. | 白鹤凉翅   | White Crane Spreads its Wings              |
| 27. | 左搂膝拗步  | Left Brush Knee and Push                   |
| 28. | 海底针    | Needle at Sea Bottom                       |
| 29. | 扇通背    | Fan Through the Back                       |
| 30. | 转身白蛇吐信 | Turn Body and White Snake Spits out Tongue |
| 31. | 进步搬拦捶  | Step Forward, Parry Block and Punch        |
| 32. |        | Ward Off Left                              |
| 33. | 上步拦雀尾  | Step Forward and Grasp the Sparow's Tail   |
| 34. | 单鞭     | Single whip                                |
| 35. | 云手     | Cloud Hands                                |
| 36. | 单鞭     | Single whip                                |
| 37. | 高探马    | High Pat on Horse                          |
| 38. | 右分脚    | Right Separation Kick                      |
| 39. | 左分脚    | Left Separation Kick                       |
| 40. | 转身左蹬脚  | Turn Body and Left Heel Kick               |
| 41. | 左搂膝拗步  | Left Brush Knee and Push                   |
| 42. | 右搂膝拗步  | Right Brush Knee and Push                  |
| 43. | 进步栽锤   | Step Forward and Punch Down                |
| 44. | 转身撇身锤  | Turn Body and Chop with Fist               |
| 45. | 进步搬拦捶  | Step Forward, Parry Block and Punch        |

- |     |        |  |
|-----|--------|--|
| 46. | 右蹬脚    | Right Heel Kick                            |
| 47. | 左打虎式   | Left Strike Tiger                          |
| 48. | 右打虎式   | Right Strike Tiger                         |
| 49. | 回身右蹬脚  | Turn Body and Right Heel Kick              |
| 50. | 双峰灌耳   | Twin Fists Strike Opponents Ears           |
| 51. | 左蹬脚    | Left Heel Kick                             |
| 52. | 转身右蹬脚  | Turn Body and Right Heel Kick              |
| 53. | 进步搬拦捶  | Step Forward, Parry Block and Punch        |
| 54. | 如封似闭   | Apparent Close Up                          |
| 55. | 十字手    | Cross Hands                                |
| 56. | 抱虎归山   | Embrace the Tiger and Return to Mountain   |
| 57. | 拦雀尾    | Grasp the Sparow's tail                    |
| 58. | 斜单鞭    | Diagonal Single Whip                       |
| 59. | 右野马分鬃  | Parting Wild Horse's Mane, Right           |
| 60. | 左野马分鬃  | Parting Wild Horse's Mane, Left            |
| 61. | 右野马分鬃  | Parting Wild Horse's Mane, Right           |
| 62. |        | Ward Off Left                              |
| 63. | 拦雀尾    | Grasp the Sparow's tail                    |
| 64. | 单鞭     | Single Whip                                |
| 65. | 左玉女穿梭  | Fair Lady Works at Shuttles - Left         |
| 66. | 右玉女穿梭  | Fair Lady Works at Shuttles, Right         |
| 67. | 左玉女穿梭  | Fair Lady Works at Shuttles, Left          |
| 68. | 右玉女穿梭  | Fair Lady Works at Shuttles, Right         |
| 69. |        | Ward Off Left                              |
| 70. | 拦雀尾    | Grasp the Sparow's tail                    |
| 71. | 单鞭     | Single Whip                                |
| 72. | 云手     | Cloud Hands                                |
| 73. | 单鞭     | Single Whip                                |
| 74. | 下势     | Snake Creeps Down                          |
| 75. | 左金鸡独立  | Golden Rooster Stands on One Leg, Left     |
| 76. | 右金鸡独立  | Golden Rooster Stands on One Leg, Right    |
| 77. | 左倒撵猴   | Step Back and Repulse the Monkey, Left     |
| 78. | 右倒撵猴   | Step Back and Repulse the Monkey, Right    |
| 79. | 左倒撵猴   | Step Back and Repulse the Monkey, Left     |
| 80. | 斜飞势    | Diagonal Flying                            |
| 81. | 提手上势   | Raise Hands and Step Forward               |
| 82. | 白鹤凉翅   | White Crane Spreads its Wings              |
| 83. | 左搂膝拗步  | Left Brush Knee and Push                   |
| 84. | 海底针    | Needle at Sea Bottom                       |
| 85. | 扇通背    | Fan Through the Back                       |
| 86. | 转身白蛇吐信 | Turn Body and White Snake Spits out Tongue |
| 87. | 进步搬拦捶  | Step Forward, Parry Block and Punch        |
| 88. |        | Ward Off left                              |
| 89. | 上步拦雀尾  | Step Forward and Grasp the Sparow's tail   |
| 90. | 单鞭     | Single Whip                                |
| 91. | 云手     | Cloud Hands                                |
| 92. | 单鞭     | Single Whip                                |
| 93. | 高探马穿掌  | High Pat On Horse with Palm Thrust         |
| 94. |        | Plain Crossed Hands                        |
| 95. | 十字腿    | Cross Kick                                 |

- |      |       |   |
|------|-------|---|
| 96.  | 进步指裆锤 | Step Forward and Punch Groin              |
| 97.  |       | Ward Off left                             |
| 98.  | 上步拦雀尾 | Step Forward and Grasp the Sparrow's tail |
| 99.  | 单鞭    | Single Whip                               |
| 100. | 下势    | Snake Creeps Down                         |
| 101. | 上步七星  | Step Forward Seven Stars                  |
| 102. | 退步跨虎  | Step back and Ride the Tige               |
| 103. | 转身摆莲  | Turn Body and Swing Over Lotus            |
| 104. | 弯弓射虎  | Bend the Bow and Shoot the Tiger          |
| 105. | 进步搬拦捶 | Step Forward, Parry Block and Punch       |
| 106. | 如封似闭  | Apparent Close Up                         |
| 107. | 十字手   | Cross Hands                               |
| 108. | 收式    | Closing                                   |