

## Traditional Yang Style Tai Chi - 16 Postures

1. ?? Starting Posture
2. ?? Cloud Hands
3. ?? Single Whip
4. ??? Fist Under Elbow
5. ???? White Crane Spreads its Wings
6. ????? Left Brush Knee and Push
7. ????? Hand Strums the Lute
8. ??? Step Back and Repulse the Monkey
9. ????? Left Strike Tiger
10. ????? Parting Wild Horse's Mane
11. ????? Step Forward and Punch Groin
12. ?????? Turn Body and White Snake Spits out Tongue
13. ?????? Step Forward, Parry, Block, and Punch
14. ?????? Step Forward and Grasp the Bird's tail
15. ??? Cross Hands
16. ?? Closing