

Tai Chi Ch'uan Yang Style Short Form (24 positions)

<u>Sequence</u>	<u>Name</u>	<u>Repetitions</u>
1	Step out & Raise Hands	1
2	Scope Under	1
3	Partition Wild Horses' Mane	x3
4	Stork Spreads Its Wings	1
5	Brush Knee	x3
6	Play the Fiddle	1
7	Repulse Monkey	x4
8	Ward Off Roll Back Press Push	x2 (one set to left then one to right)
9	Single Whip	x2 (not in a row, separated by other positions)
10	Wave Hands Like Clouds	x3 (minimum, may do more if you like)
11	High Pat on Horse	1
12	Prepare for Kick	x3 (not in a row, separated by other positions)
13	Kick	1
14	Double Knuckle Strike to Temple	1
15	Snake Creeps Down (left side)	1
16	Golden Hawk Stands on Left Leg	1
17	Snake Creeps Down (right side)	1
18	Golden Hawk Stands on Right Leg	1
19	Fair Lady Works the Shuttle (to the right)	1
20	Fair Lady Works the Shuttle (to the left)	1
21	Needle at the Sea Bottom	1
22	Fan To The Back	1
23	Twist, Step, and Perry Punch	1
24	Cross hands, Feet Step Together	1

All movements start and stop at the same time.

Exhale as you move outward away from torso, and inhale as you move inward towards torso