

Traditional Yang Style Tai Chi Chuan 49 Form

	Yu bei shi	Prepare
1	Qi shi	Opening
2	Lan que wei	Grasp the Birds Tail
3	Dan bian	Single Whip
4	Zuo you yun shou	Wave Hands Like Clouds, 3x's
5	Dan bian	Single Whip
6	Gao tan ma	High Pat on Horse
7	You fen jiao	Right Separation Kick
8	Zuo fen jiao	Left Separation Kick
9	Zhuan shen zuo deng jiao	Turn Body, Left Heel Kick
10	Zuo lou xi ao bu	Left Brush Knee and Push
11	Shou hui pipa	Hands Strum the Lute
12	Gao tan ma chuan zhang	High Pat on Horse, Thrust Palm
13	Shi zi tui	Cross Kick
14	Zuo da hu shi	Strike the Tiger Left
15	You da hu shi	Strike the Tiger Right
16	Hui shen you deng jiao	Turn Body to Right Heel Kick
17	Shuang feng guan er	Strike opponent with both fists
18	Zuo deng jiao	Left Heel Kick
19	Zhuan shen pie shen chui	Turn Body and Chop with Fist
20	Jin bu zhi dang chui	Step Forward and Punch to the Groin
21	Ru feng si bi	Apparent Close-up
22	Shi zi shou	Cross Hands
23	Bao hu gui shan	Embrace the Tiger and Return to Mountain
24	Xie dan bian	Diagonal Single Whip

25	Zhou di kan chui	Punch Under the Elbow
26	You jin ji du li	Rooster Stands on One Leg, one
27	Zuo jin ji du li	Rooster Stands on One Leg, two
28	dao nian hou	Step Back and Repulse the Monkey
29	Xie fei shi	Diagonal Flying
30	Ti shou shang shi	Lift Hands and Step Up
31	Bai he liang chi	White Crane Spreads its Wings
32	Zuo lou xi ao bu	Left Brush Knee and Push
33	Hai di zhen	Needle at the Sea Bottom
34	Shan tong bei	Fan Through the Back
35	Zhuan shen bai she tu xin	Turn Body, White Snake Spits Out its Tongue
36	Jin bu zai chui	Step Forward and Punch Down
37	ye ma fen zong	Parting the Wild Horse's Mane
38	Yu nu chuan suo	Fair Lady Works at Shuttles
39	Lan que wei	Grasp the Birds Tail
40	Dan bian	Single Whip
41	Xia shi	Push Down
42	Shang bu qi xing	Step Forward to Seven Stars
43	Tui bu kau hu	Step Back to Ride the Tiger
44	Zhuan shen bai lian	Turn Body, Lotus Kick
45	Wan gong she hu	Bend the Bow and Shoot the Tiger
46	Jin bu ban lan chui	Step Forward, Parry, Block and Punch
47	Ru feng si bi	Apparent Close-up
48	Shi zi shou	Cross Hands
49	Shou shi	Closing
	Huan yuan	Return to Original Position