



## YANG STYLE T'AI-CHI CH'UAN

### Medium Solo Form

#### 1st Section

- 1 Beginning
- 2 Ward Off Da
- 3 Ward Off Hua
- 4 Roll Back
- 5 Press
- 6 Push
- 7 Single Whip
- 8 Lift Hands
- 9 Shoulder
- 10 White Crane Spreads its Wings
- 11 Brush Knee and Twist Step
- 12 Play Guitar
- 13 Brush Knee and Twist Step
- 14 Walking Brush Knee and Twist Step
- 15 Walking Brush Knee and Twist Step
- 16 Chop with Fist
- 17 Deflect In, Parry and Punch
- 18 Withdraw and Push
- 19 Cross Hands

## **2nd Section**

- 20 Embrace the Tiger to Return it to the Mountain
- 21 Roll Back
- 22 Press
- 23 Push
- 24 Diagonal Single Whip
- 25 Fist Under Elbow
- 26 Step Back, Repulse Monkey
- 27 Step Back, Repulse Monkey
- 28 Step Back, Repulse Monkey
- 29 Diagonal Flying
- 30 Cloud Hand
- 31 Cloud Hand
- 32 Cloud Hand
- 33 Single Whip
- 34 Snake Creeps Down
- 35 Golden Rooster
- 36 Golden Rooster
- 37 Separate the Foot
- 38 Separate the Foot
- 39 Turn and Kick with Heel
- 40 Brush Knee and Twist Step
- 41 Needle at Sea Bottom
- 42 Fan Through Back
- 43 Turn, Chop with Fist
- 44 Deflect Up, Parry and Punch
- 45 Kick Upward
- 46 Strike Tiger
- 47 Strike Tiger
- 48 Kick Upward
- 49 Twin Winds Pierce the Ears

- 50 Kick Upward
- 51 Chop with Fist
- 52 Deflect Down, Parry and Punch
- 53 Withdraw and Push
- 54 Cross Hands

### **3rd Section**

- 55 Embrace the Tiger to Return it to the Mountain
- 56 Parting Wild Horses Mane
- 57 Parting Wild Horses Mane
- 58 Fair Lady
- 59 Fair Lady
- 60 Fair Lady
- 61 Fair Lady
- 62 Ward Off Da
- 63 Ward Off Hua
- 64 Roll Back
- 65 Press
- 66 Push
- 67 Single Whip
- 68 High Pat on Horse
- 69 Thrusting Hand
- 70 Turn and Cross Kick
- 71 Punch Downward
- 72 Change Step Ward Off Da
- 73 Active Step Roll Back
- 74 Active Step Press
- 75 Active Step Push
- 76 Single Whip
- 77 Snake Creeps Down
- 78 Step Forward to Seven Stars

- 79 Retreat to Ride the Tiger
- 80 Sweep with Leg
- 81 Bend the Bow to Shoot the Tiger
- 82 White Snake Spits Out Its Tongue
- 83 Shoulder Strroke
- 84 Deflect Out, Parry and Punch
- 85 Withdraw and Push
- 86 Conclusion

## YANG FAMILY TEN GUIDING POINTS OF T'AI-CHI CH'UAN

1. Relax
2. Sink
3. The chest should be held in, the back straightened, the shoulders sunk and the elbows lowered.
4. A light and nimble energy should be preserved on the top of the head. The lowest vertebrae should be erect.
5. All the movements are directed by the mind. One does not use external muscular force.
6. Upper parts and lower parts follow each other, and the body acts as one unit.
7. Insubstantial and substantial must be clearly differentiated.
8. Concentrate the line of vision.
9. All the movements must be connected without severance. When the energy is severed, use mind-intent to reconnect it.
10. Meditation in action.

## HUI SHU-KUANG'S 13 REMINDERS

1. From the tip of the middle finger to the elbow should be a straight line.
2. The elbows should always point down.
3. The shoulders should always stay down.
4. Suspend the head, tuck the chin in.
5. Hollow the chest, round the back.
6. Tuck the hips under, lower back should be straight.
7. Distinguish which foot holds the body's weight.
8. The front knee should not go beyond the bubbling-well point.
9. The rear knee should be in line with the rear foot.
10. Maintain the same height, distinguish 5 kinds of postures.
11. There should be no independent arm motion, move continuously.
12. All movements should be smooth, swimming in air.
13. Don't hold a muscle tense, the key to relaxation is knowing a muscle is tense.