

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

**FAST FORM**

**1st Section**

Beginning

Clear Right and Left

Active Step Ward Off Da

Active Step Ward Off Hua

Active Step Roll Back

Active Step Press

Active Step Push

Active Step Single Whip

Lift Hands

Shoulder

White Crane Spreads its Wings

Active Step Brush Knee

Play Guitar

Active Step Brush Knee

Turtle Hides Its Head

Elbow Strike

Chop with Fist

Active Step Deflect In, Parry and Punch

Active Step Withdraw and Push

Cross Hands

**2nd Section**

Embrace the Tiger to Return it to the Mountain

Roll Back

Press

Push

Diagonal Single Whip

Fist Under Elbow

Step Back, Repulse Monkey

Step Back, Repulse Monkey

Step Back, Repulse Monkey

Diagonal Flying

Cloud Hand

Cloud Hand

Cloud Hand

Single Whip

Squatting Single Whip

Golden Rooster

Golden Rooster

High Pat on Horse

Separate the Foot

Separate the Foot

Turn and Kick with Heel

Step Back Brush Knee

Needle at Sea Bottom

Fan Through Back

Turn and Chop with Fist

Parry and Chop

Downward Arm Bar

Deflect Up, Parry and Punch

Kick Upward

Strike Tiger

Strike Tiger

Golden Rooster

Twin Winds Pierce the Ears

Kick Upward

Wrap the Firecrackers

Deflect Down, Parry and Punch

Withdraw and Push

Cross Hands

**3rd Section**

Embrace the Tiger to Return it to the Mountain

Parting Wild Horses Mane

Parting Wild Horses Mane

Fair Lady

Fair Lady

Fair Lady

Fair Lady

Ward Off Da

Ward Off Hua

Roll Back

Press

Push

Single Whip

High Pat on Horse

Thrusting Hand

Turn and Cross Kick

Punch Downward

Change Step Active Step Ward Off Da

Active Step Roll Back

Active Step Press

Active Step Push

Single Whip

Squatting Single Whip

Step to Seven Stars

Retreat to Ride the Tiger with Kick

Inside Kick

Outside Kick

Bend the Bow to Shoot the Tiger

White Snake Spits Out Its Tongue

Active Step Deflect Out, Parry and Punch

Active Step Withdraw and Push

Conclusion