

Wang Yen Nien's T'ai Chi Fan Form

<u>Posture Name (Liang's Counts)</u>	<u>Direction</u>	<u>Fan Position</u>
1. Preparation (4)	N	T'ai-Yin
2. Beginning (4)	N	Chung-Yang
3. White Crane Spreads Its Wings (2)	N	T'ai-Yin
4. Blue Dragon Emerges from The Sea (4)	W	Chung-Yang
5. Deflect Left and Right (4)	W	T'ai-Yang
6. Step Forward and Push (2)	W	T'ai-Yang
7. Turn the Body, Protect the Back and Sweep (3)	E	T'ai-Yang
8. Yak Sha Searches the Sea Bottom (2)	E	T'ai-Yang
9. The Black Dragon Wags its Tail (6)	E	Chung-Yang / Chung-Yin
10. Hide the Fan in the Fish's Stomach (4)	S	T'ai-Yang
11. The Rhinoceros Peeps at the Moon (2)	S	T'ai-Yang
12. The Blue Dragon Extends its Claws (4)	S	T'ai-Yang
13. Point to the Sky and Attack the Ground (5)	E	Chung-Yin
14. The Lion Shakes His Head (4)	N	T'ai-Yang
15. Turn the Body, Protect the Back, and Sweep (3)	S	T'ai-Yang
16. Drift with the Current (4)	S	T'ai-Yin
17. The Meteor Pursues the Moon (6)	E	T'ai-Yang
18. Phoenix Nods its Head Three Times (6)	W	Lao-Yin
19. Flutter Left and Right (8)	NW	T'ai-Yin / T'ai-Yang

20. Falling Flowers Left and Right (8)	S	Chung-Yin
21. Sweep (4)	E	T'ai-Yin
22. Strike the Top (4)	E	Chung-Yin
23. White Snake Puts Out its Tongue (2)	E	Chung-Yin
24. Split Mt. Hua with Force (6)	E	Chung-Yin
25. Chief Star of the Dipper (6)	W	T'ai-Yang
26. Turn the Body, Black Dragon Twists Around the Pillar (12)	W	T'ai-Yang
27. The Clever Cat Catches the Mouse (4)	W	T'ai-Yang
28. Bend the Bow and Shoot the Tiger (2)	W	T'ai-Yin
29. Four Circular Movements (8)	N	Chung-Yang
30. Stab Down and Up Three Times (3)	N	Chung-Yin
31. Turn and Gaze at the Moon (4)	W	Chung-Yang
32. The Roc Spreads Its Wings (16)	SW	Chung-Yin
33. Wave Left and Right (8)	W	Chung-Yang / Chung-Yin
34. Turn the Body, Protect the Back, and Sweep (3)	E	T'ai-Yang
35. White Ape Offers Fruit (4)	NE	T'ai-Yang
36. The Swallow Enters the Nest (4)	E	Shao-Yin
37. Wind Scatters the Plum Blossoms (5)	N	T'ai-Yang
38. Step Forward and Push (2)	N	T'ai-Yang
39. Embrace the Fan, and Return to the Original Position (4)	N	T'ai-Yin

Fan Positions

Fan Positions	Action	Examples
T'ai Yang	palm faces up, the edges of the fan are aligned horizontally	Deflect Left and Right Step Forward and Push Hide the Fan in the Fish's Stomach
T'ai Yin	palm faces down, the edges of the fan are aligned horizontally	White Crane Spreads Wings Drift with the Current Bend the Bow and Shoot the Tiger
Shao Yang	palm faces left, the edges of the fan are aligned vertically, the fan is directed up at a 45° angle	Not in Fan Form
Shao Yin	palm faces right, the edges of the fan are aligned vertically, the fan is directed down at a 45° angle	The Swallow Enters the Nest
Chung Yang	palm faces right, the edges of the fan are aligned vertically, the fan is directed straight ahead, level with ground	Beginning Blue Dragon Emerges from the Sea Four Circular Movements Turn and gaze at the Moon
Chung Yin	palm faces left, the edges of the fan are aligned vertically, the fan is directed straight ahead, level with ground	Point to the Sky and Attack the Ground Falling Flowers White Snake Puts Out Its Tongue
Lao Yang	palm faces right, the edges of the fan are aligned vertically, the fan is directed up at a 45° angle	Not in Fan Form
Lao Yin	palm faces left, the edges of the fan are aligned vertically, the fan is directed down at a 45° angle	Phoenix Nods Its Head Three Times