

Tai Chi Yang Short Form

Step	Movement	Face	Stance	Notes
1	Preparation	N	Ultimate	standard hands up down pause 3, hands up down
2	Ward off Left	N	L-Bow	L hand forward / R hand back
3	Double ward off Right	E	R-Bow	R hand forward / hands do not touch
4	Grasp sparrows tail	E	R-Bow	hands back left side, assisted push, draw back, two handed push
5	Single whip	W	L-Bow	rotate front w/torso and R foot, torso back, drop left hand, step L
6	Play mandolin R	N	R-Heel	same as playing lute/mandolin but on R side
7	Prepare for strike	N	R-Toe	shorten stance by drawing back R foot (prep for shoulder strike)
8	Shoulder strike	N	R-Bow	step out w/R foot / cover groin and face
9	White stork spreads wings	W	L-Toe	R hand over head / L hand low
10	Left Brush knee	W	L-Bow	L thumb brushes knee
11	Raise R foot	W	L-Bow	lift R foot up don't move forward
12	Play mandolin	W	L-Heel	shorten stance by drawing back L foot
13	Left brush knee strike	W	L-Bow	step forward w/L foot / L thumb brushes knee
14	Fist in open hand	W	L-Heel	R hand in L palm while shifting weight back to R foot / L foot point out
15	Bang the gong	W	R-Bow	step forward R back fist
16	Step and punch	W	L-Bow	step forward L foot / R vertical punch L hand blocking center vertical
17	Two handed push	W	L-Bow	start w/wipe-off / withdraw / push
18	Knee bend (scoop)	N	Ultimate	turn back to N then execute / adjust R foot back in line
19	Carry Tiger to Mountain	SE	R-Bow	135° to R / like brush knee excepty low hand faces forward
20	Grasp sparrows tail	SE	R-Bow	hands back left side, assisted push, draw back, two handed push
21	Single whip-diagonal	NW	R-Bow	turn L 180°
22	R fist under L elbow	W	L-Heel	turn L 45° / adjust L foot back then R foot up / shift weight back
23	Repulse monkey	W	R-Bow	moving backwards / lead hand turns away, toward, then up / back hand passes over
24	Repulse monkey	W	L-Bow	moving backwards
25	Repulse monkey	W	R-Bow	moving backwards
26	Grasp ball on L side	W	R-Bow	start W then pivot R 135° to NE / L hand on top
27	Slant flying	NE	R-Bow	raise R hand to extend out / L hand low L
28	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match
29	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match
30	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match
31	Single whip	W	L-Bow	pivot R foot out for Snake
32	Snake creeps down	W		low scoop movement w/body start in L-Bow / shift weight back drawing L hand down palm upend in Ultimate
33	Golden Pheasant Stands on One Leg-L / R knee raise	W	R-Bow	place R elbow on raised R knee / step back with R foot when done
34	Golden Pheasant Stands on One Leg-R / L knee raise	W	L-Bow	place L elbow on raised L knee / step back with L foot when done
35	Open curtain / R pointed toe kick	W		start in short R-Bow stance / L hand reaches back, draws into X-block infront of face, pulling R foot into cat stance / kick to NW
36	Open curtain / L pointed toe kick	W	Ultimate	start in short L-Bow stance / R hand reaches back, draws into X-block infront of face, pulling L foot into cat stance / kick to SW
37	Pivot L 180°	E	Ultimate	turn to L / place L foot behind after kick to aid pivot
38	Open curtain / L heel kick	E	Ultimate	start in short Ultimate stance / R hand reaches back, draws into X-block infront of face, pulling L foot into cat stance / heel kick to E
39	L brush knee strike	E	L-Bow	
40	R brush knee strike	E	R-Bow	
41	Low punch / Plant the tree	E	L-Bow	low (groin level) diagonal punch w/R fist

42	(Open curtain) / Double ward off	E	R-Bow		Fair Lady works Shuttle
43	Grasp sparrows tail	E	R-Bow		
44	Single whip	W	L-Bow		
45	Grasp ball	NE	R-Bow	pivot to NE	
46	Guard head L / strike R	NE	L-Bow	hand low on ball comes up to guard / as hand comes down it moves or sweeps toes to prepare for next move	
47	Grasp ball on L side			R top while pivoting R 270° to NW	
48	Change ball			L top continuing to pivot	
49	Guard head R / strike L	NW	R-Bow	hand low on ball comes up to guard / as hand comes down it moves or sweeps toes to prepare for next move	
50	Grasp ball			L top while pivoting R 90° to SW	
51	Change ball			R top continuing to pivot	
52	Guard head L / strike R	SW	L-Bow	hand low on ball comes up to guard / as hand comes down it moves or sweeps toes to prepare for next move	
53	Grasp ball			R top while pivoting R 270° to SE	
54	Change ball			L top continuing to pivot	
55	Guard head R / strike L	SE	R-Bow	hand low on ball comes up to guard	
56	Ward off Left (double ward off L)	N (NE)	R-Bow		
57	Double ward off	E	R-Bow		
58	Grasp sparrows tail	E	R-Bow		
59	Single whip	W	L-Bow	pivot R foot out for Snake	
60	Snake creeps down	W		low scoop movement w/body start in L-Bow end in Ultimate	
61	Grasp tiger / Step forward to Seven Stars	W	R-Toe	X block	
62	Retreat and ride Tiger / (White stork spreads wings)	W	L-Bow	step back w/R foot	
63	Pivot 360° to R	W	Ultimate		
64	Inside/outside kick--Lotus	W	R-Toe	w/R foot	
65	Shoot Tiger with Bow	W	R-Bow	High/middle double punch R hand high	
66	Fist in open hand	W	R-Bow	R fist in L hand	
67	Bang the gong	W	L-Bow		
68	Punch	W	R-Bow		
69	Two handed push	W	L-Bow	start w/wipe-off / withdraw / push	
70	Great knee bend	N	Ultimate		
71	Reverse arms	N	Ultimate		
72	Starting position	N	Ultimate		