



# Yang Style Taij i Solo Form

<u>Dir.</u>	<u>Ct</u>	<u>Posture</u>	<u>Dir.</u>	<u>Ct</u>	<u>Posture</u>
<b>Section 1 Old Style Form I</b>					
N	2	1. Preparation	W	2	37. White Crane Spreads its Wings
N	6	2. Beginning	W	4	38. Brush Left Knee and Twist Step
N	6	3. Grasp the Sparrow's Tail, Ward Off Left	W	4	39. Needle at Sea Bottom
E	4	4. Ward Off Right	W	4	40. Fan Through Back
NE	4	5. Roll Back	E	4	41. Turn, Chop and Push
E	4	6. Press	E	6	42. Step Forward, Deflect Downward, Parry and Punch
E	4	7. Push	E	4	43. Step Forward and Ward Off Right
W	6	8. Single Whip	NE	4	44. Roll Back
N	2	9. Lift Hands	E	4	45. Press
N	2	10. Shoulder	E	4	46. Push
W	2	11. White Crane Spreads its Wings	W	6	47. Single Whip
W	4	12. Brush Left Knee and Twist Step	W	4	48. Cloud Hand (Left)
W	2	13. Play Guitar	E	4	49. Cloud Hand (Right)
W	4	14. Brush Left Knee and Twist Step	W	4	50. Cloud Hand (Left)
W	4	15. Brush Right Knee and Twist Step	E	4	51. Cloud Hand (Right)
W	4	16. Brush Left Knee and Twist Step	W	4	52. Cloud Hand (Left)
W	2	17. Play Guitar	W	4	53. Single Whip
W	4	18. Brush Left Knee and Twist Step	W	4	54. High Pat on Horse
NW	2	19. Chop with Fist	<b>Old Style Form III</b>		
W	6	20. Step Forward, Deflect Downward, Parry and Punch	NW	6	55. Separate the Right Foot
W	4	21. Withdraw and Push	SW	6	56. Separate the Left Foot
N	4	22. Cross Hands	E	4	57. Turn and Kick with Sole (Left Foot)
<b>Section 2 Old Style Form II</b>			E	4	58. Brush Left Knee and Twist Step
SE	4	23. Embrace the Tiger to Return it to the Mountain	E	4	59. Brush Right Knee and Twist Step
E	4	24. Roll Back	E	4	60. Punch Downward
SE	4	25. Press	W	4	61. Turn, Chop and Push
SE	4	26. Push	W	6	62. Step Forward, Deflect Downward, parry and Punch
NW	6	27. Diagonal Single Whip	NW	4	63. Kick Upward with Right Foot
W	6	28. Fist Under Elbow	SW	4	64. Strike Tiger (Left)
W	4	29. Step Back, Repulse Monkey (Right)	NW	4	65. Strike Tiger (Right)
W	4	30. Step Back, Repulse Monkey (Left)	NW	4	66. Kick Upward with Right Foot
W	4	31. Step Back, Repulse Monkey (Right)	NW	4	67. Two Winds Pierce the Ears
W	4	32. Step Back, Repulse Monkey (Left)	SW	4	68. Kick Upward with Left Foot
W	4	33. Step Back, Repulse Monkey (Right)	W	6	69. Turn and Kick with Sole (Right Foot)
NE	4	34. Diagonal Flying	NW	2	70. Chop with Fist
N	2	35. Lift Hands	W	6	71. Step Forward, Deflect Downward, Parry and Punch
N	2	36. Shoulder	W	4	72. Withdraw and Push
			N	4	73. Cross Hands



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<b>Section 3 Old Style Form IV</b>			N	2	113. Lift Hands
SE	4	74. Embrace the Tiger to Return it to the Mountain	N	2	114. Shoulder
E	4	75. Roll Back	W	2	115. White Crane Spreads its Wings
SE	4	76. Press	W	4	116. Brush Left Knee and Twist Step
SE	4	77. Push	W	4	117. Needle at Sea Bottom
N	6	78. Horizontal Single Whip	W	4	118. Fan Through Back
SE	4	79. Parting Wild Horses Mane, Right	E	4	119. Turn, White Snake Puts Out Tongue and Push
NE	4	80. Parting Wild Horses Mane, Left	E	6	120. Step Forward, Deflect Downward, Parry and Punch
SE	4	81. Parting Wild Horses Mane, Right	E	4	121. Step Forward and Ward Off Right
N	4	82. Ward Off Left	NE	4	122. Roll Back
E	4	83. Step Forward and Ward Off Right	E	4	123. Press
NE	4	84. Roll Back	E	4	124. Push
E	4	85. Press	W	6	125. Single Whip
E	4	86. Push	W	4	126. Cloud Hand (Left)
W	6	87. Single Whip	E	4	127. Cloud Hand (Right)
NE	6	88. Fair Lady (1-NE)	W	4	128. Cloud Hand (Left)
NW	6	89. Fair Lady (2-NW)	E	4	129. Cloud Hand (Right)
SW	6	90. Fair Lady (3-SW)	W	4	130. Cloud Hand (Left)
SE	6	91. Fair Lady (4-SE)	W	4	131. Single Whip
N	4	92. Ward Off Left	W	4	132. High Pat on Horse
E	4	93. Step Forward and Ward Off Right	<b>Old Style Form VI</b>		
NE	4	94. Roll Back	W	4	133. Thrusting Hand
E	4	95. Press	E	4	134. Turn and Cross Kick (Right Foot)
E	4	96. Push	E	4	135. Punch to the Groin
W	6	97. Single Whip	E	4	136. Step Forward and Ward Off Right
W	4	98. Cloud Hand (Left)	NE	4	137. Active Step Roll Back
E	4	99. Cloud Hand (Right)	E	4	138. Active Step Press
W	4	100. Cloud Hand (Left)	E	4	139. Active Step Push
E	4	101. Cloud Hand (Right)	W	6	140. Single Whip
W	4	102. Cloud Hand (Left)	W	4	141. Squatting Single Whip
W	4	103. Single Whip	W	2	142. Step Forward to Seven Stars
W	4	104. Squatting Single Whip	W	2	143. Retreat to Ride the Tiger
W	2	105. Golden Rooster (Right)	W	6	144. Turn and Sweep with Leg
W	2	106. Golden Rooster (Left)	SW	4	145. Bend the Bow to Shoot the Tiger
<b>Old Style Form V</b>			NW	4	146. Elbow and Chop with Fist
W	4	107. Repulse Monkey (Right)	W	6	147. Step Forward, Deflect Downward, Parry and Punch
W	4	108. Repulse Monkey (Left)	W	4	148. Withdraw and Push
W	4	109. Repulse Monkey (Right)	N	4	149. Cross Hands
W	4	110. Repulse Monkey (Left)	N	4	150. Conclusion of Tai Chi
W	4	111. Repulse Monkey (Right)			
NE	4	112. Diagonal Flying			