

T'ai Chi Ch'uan

Yang Style Form - Section 2

Be Still As a Mountain...

20. *Embrace tiger and return to the mountain*
21. *Grasping sparrow's tail, ward off right, rollback, press, push*
22. *Punch under elbow*
23. *Step back and repulse monkey - five*
24. *Diagonal flight*
25. *Lift hands and advance*
26. *Shoulder strike transition*
27. *White crane spreads its wings*
28. *Brush knee twist step left*
29. *Picking up the needle at the sea bottom*
30. *Fanning across the back*
31. *Turn with swinging blow - back fist*
32. *Downward punch with one and half twist up*
33. *Step forward, side deflection, parry, and punch*
34. *Stepping up to grasp sparrow's tail, ward off right, rollback, press, push*
35. *Single whip*
36. *Wave hands like clouds - five*
37. *Single whip*
38. *Pat the high horse - feed the high horse*
39. *Right separation*
40. *Left separation*
41. *Turn and strike with heel*
42. *Brush knee, twist step left*
43. *Brush knee, twist step right*
44. *Circle hand transition*
45. *Step forward, parry, and downward punch*
46. *Turn body, white snake delivers message*
47. *Downward punch with one and a half twist up*
48. *Side deflection, parry, and punch*
49. *Strike with right heel*
50. *Striking tiger left*
51. *Striking tiger right*
52. *Turning to strike with right heel*
53. *Twin mountains across the ears*
54. *Strike with left heel*
55. *Twist body and strike with right heel*
56. *Step forward, side deflection, parry, and punch*
57. *Apparent closure*
58. *Cross hands*

... Move Like A Great River