

Le Club de Tai chi  
Grace Chui et Sylvain Deschênes  
516B Lacombe, Le Gardeur, Québec, J5Z 1P6  
Tél: (514) 726 8198 Fax: (450) 654 7961

### **Tai-Chi Chuan “Yang Style”**

1. Prepare
  2. Commencing form of Tai-Chi Chuan
  3. Grasp the bird's tail
  4. Single whip
  5. Raise hands and step up
  6. White crane spreads its wings
  7. Brush knee twist step (left)
  8. Holding the lute with both hands
  9. Brush knee twist step (left, right then left)
  10. Holding the lute with both hands
  11. Brush knee twist step (left only)
  12. Step up, parry and punch
  13. Withdraw and push apparent close-up
  14. Cross hands
- End of first section
15. Carry the tiger to the mountain
  16. Fist under elbow
  17. Step back and repulse monkey (step left foot backward, right, then left foot)
  18. Flying oblique
  19. Raise hands and step up
  20. White crane spreads its wings
  21. Brush knee twist step (left)

22. Needle at the bottom of the sea
23. Fan through the back
24. Turn around, throw fist
25. Step up, parry and punch
26. Step up, grasp the bird's tail
27. Single whip
28. Wave the clouds with hands (left and right, and repeat 3 times)
29. Single whip
30. High pat the horse
31. Separation of legs (raise right leg, then left leg)
32. Turn around and strike with left heel
33. Brush knee twist step (left, then right)
34. Step up, punch downward
35. Turn around, throw fist
36. Step up, parry and punch
37. Turn and strike with right heel
38. Strike the tiger (left, then turn to strike right)
39. Turn body to left, strike with right heel
40. Strike opponent's ears with both fists
41. Strike with left heel
42. Turn and strike with right heel
43. Step up, parry and punch
44. Withdraw and push apparent close-up
45. Cross hands

End of second section

46. Carry the tiger to the mountain

47. Slanting single whip
48. Parting the wild horse's mane (right, left, then right)
49. Step up grasping bird's tail
50. Single whip
51. Fair lady weaving as weft in a shuttle
52. Grasping the bird's tail
53. Single whip
54. Wave the clouds with hands (left, then right, and repeat 3 times)
55. Single whip, snake creeps down in very low position
56. Golden cock stands on one leg (left, then right)
57. Step back and repulse monkey (step left foot backward, right, then left foot)
58. Flying oblique
59. Raise hands and step up
60. White crane spreads its wings
61. Brush knee twist step (left)
62. Needle at the bottom of the sea
63. Fan through the back
64. White snake turns and puts out tongue
65. Step up, parry and punch
66. Step up grasping bird's tail
67. Single whip
68. Wave the clouds with hands (left and right, and repeat 3 times)
69. Single whip
70. High pat the horse and slide palm out
71. Turn around and strike right leg to form a cross

72. Step up, parry and lower punch
73. Step up, grasp the bird's tail (follow step)
74. Single whip, snake creeps down low style
75. Step up, form seven stars
76. Retreat to ride the tiger
77. Turn around move like lotus (turn and sweep right foot with both bands)
78. Shoot the tiger with bow
79. Turner step, parry and punch
80. Withdraw and push apparent close-up
81. Cross hands, conclusion of Tai-Chi chuan