

Yang Style T'ai Chi Ch'uan
19 Movement "Short" Form (Beginning)

1. Commencement of T'ai Chi Ch'uan
2. Ward off left
3. Right push upward
4. Pull back
5. Press forward
6. Push
7. Single whip
8. Raise hands
9. Stork spreads its wings
10. Left brush knee and twist step
11. Play the fiddle
12. Left brush knee and twist step
13. Right brush knee and twist step
14. Left brush knee and twist step
15. Play the fiddle
16. Left brush knee and twist step
17. Step up, parry, and punch
18. Apparent close up
19. Conclusion of T'ai Chi Ch'uan