

## Traditional Yang Style Tai Chi Chuan 49 Demonstration Form

1. 预备	yu4 bei4	Preparation Form
2. 起式	qi3 shi4	Beginning
3. 拦雀尾	lan2 que4 wei2	Grasp the Bird's tail
4. 单鞭	dan1 bian1	Single Whip
5. 云手	zuo3 you4 yun2 shou3 (1, 2, 3)	Cloud Hands (1, 2, 3)
6. 单鞭	dan1 bian1	Single Whip
7. 高探马	gao1 tan4 ma3	High Pat on Horse
8. 右分脚	you4 fen1 jiao3	Right Separation Kick
9. 左分脚	zuo3 fen1 jiao3	Left Separation Kick
10. 转身左蹬脚	zhuan3 shen1 zuo3 deng1 jiao3	Turn Body and Left Heel Kick
11. 左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
12. 手挥琵琶	shou3 hui1 pi2 pa	Hand Strums the Lute
13. 高探马穿掌	gao1 tan4 ma3 chuan1 zhang3	High Pat on Horse with Palm Thrust
14. 十字腿	shi2 zi4 tui3	Cross Kick
15. 左打虎式	zuo3 da3 hu3 shi4	Left Strike Tiger
16. 右打虎式	you4 da3 hu3 shi4	Right Strike Tiger
17. 回身右蹬脚	hui2 shen1 you4 deng1 jiao3	Turn Body and Right Heel Kick
18. 双峰灌耳	shuang1 feng1 guan4 er3	Twin Fists Strike Opponents Ears
19. 左蹬脚	zuo3 deng1 jiao3	Left Heel Kick
20. 转身撇身锤	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Chop with Fist
21. 进步指裆锤	jin4 bu4 zhi3 dang1 chui2	Step Forward and Punch Groin
22. 如封似闭	ru2 feng1 si4 bi4	Apparent Close Up
23. 十字手	shi2 zi4 shou3	Cross Hands
24. 抱虎归山	bao4 hu3 gui1 shan1	Embrace the Tiger and Return to Mountain
25. 斜单鞭	xie2 dan1 bian1	Diagonal Single Whip

26. 肘底捶	zhou3 di3 (kan4) chui2	Fist Under Elbow
27. 左金鸡独立	zuo3 jin1 ji1 du2 li4	Golden Rooster Stands on One Leg, Left
28. 右金鸡独立	you4 jin1 ji1 du2 li4	Golden Rooster Stands on One Leg, Right
29. 左倒撵猴	you4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Left
30. 斜飞式	xie2 fei1 shi4	Diagonal Flying
31. 提手上势	ti2 shou3 shang4 shi4	Raise Hands and Step Forward
32. 白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings
33. 左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
34. 海底针	hai3 di3 zhen1	Needle at Sea Bottom
35. 扇通背	shan4 tong1 bei4	Fan Through the Back
36. 转身白蛇吐信	zhuan3 shen1 bai2 she2 tu4 xin4	Turn Body and White Snake Spits out Tongue
37. 进步栽捶	jin4 bu4 zai1 chui2	Step Forward and Punch Down
38. 右野马分鬃	you4 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Right
39. 玉女穿梭	yu4 nu3 chuan1 suo1	Fair Lady Works at Shuttles
40. 拦雀尾	lan2 que4 wei2	Grasp the Bird's tail
41. 单鞭	dan1 bian1	Single Whip
42. 下势	xia4 shi4	Snake Creeps Down
43. 上步七星	shang4 bu4 qi1 xing1	Step Forward Seven Stars
44. 退步跨虎	tui4 bu4 kua4 hu3	Step Back and Ride the Tiger
45. 转身摆莲	zhuan3 shen1 bai3 lian2	Turn Body and Swing Over Lotus
46. 弯弓射虎	wan1 gong1 she4 hu3	Bend the Bow and Shoot the Tiger
47. 进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
48. 如封似闭	ru2 feng1 si4 bi4	Apparent Close Up
49. 十字手	shi2 zi4 shou3	Cross Hands
收式	shou1 shi4	Closing
还原	huan2 yuan2	Return to Normal