

# Traditional Yang Style Taijiquan

## Section One

- |           |                          |                                     |
|-----------|--------------------------|-------------------------------------|
| 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. 提手上势   | ti2 shou3 shang4 shi4    | Raise Hands and Step Forward        |
| 6. 白鹤凉翅   | bai2 he4 liang4 chi4     | White Crane Spreads its Wings       |
| 7. 左搂膝拗步  | zuo3 lou1 xi1 ao3 bu4    | Left Brush Knee and Push            |
| 8. 手挥琵琶   | shou3 hui1 pi2 pa        | Hand Strums the Lute                |
| 9. 左搂膝拗步  | zuo3 lou1 xi1 ao3 bu4    | Left Brush Knee and Push            |
| 10. 右搂膝拗步 | you4 lou1 xi1 ao3 bu4    | Right Brush Knee and Push           |
| 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. 左搂膝拗步 | zuo3 lou1 xi1 ao3 bu4    | Left Brush Knee and Push            |
| 14. 进步搬拦捶 | jin4 bu4 ban1 lan2 chui2 | Step forward, Parry Block and Punch |
| 15. 如封似闭  | ru2 feng1 si4 bi4        | Apparent Close Up                   |
| 16. 十字手   | shi2 zi4 shou3           | Cross Hands                         |