

Yang Tai Chi Chuan

Yang Family Grand Ultimate Fist

1. Rising position
2. Grasp the sparrow's tail, ward off, left
3. Grasp the sparrow's tail, ward off, right
4. Grasp the sparrow's tail, roll back
5. Grasp the sparrow's tail, press
6. Grasp the sparrow's tail, push
7. Single whip
8. Lift hands
9. Lower the hands, lean forward, shoulder strike
10. White crane spreads its wings
11. Brush the knee and step
12. Play the guitar
13. Deflect, step forward, and strike
14. Hammer under the sleeve
15. As if to be sealed
16. Embrace tiger, return to mountain
17. Cross hands
18. Step back and repulse the monkey, right
19. Step back and repulse the monkey, left
20. Diagonal flying
21. Wave hands in clouds, right
22. Wave hands in clouds, left
23. Snake creeps down (low single whip)
24. Golden chicken stands on one leg, right
25. Golden chicken stands on one leg, left
26. Separate right foot
27. Separate left foot
28. Turn the body and thrust with the heel
29. Brush the knee and step (variation)
30. Step forward and plant the hammer
31. Virgin works the shuttles, right
32. Virgin works the shuttles, left
33. Step forward to face the seven stars
34. Retreat one step and ride the tiger
35. Turn the body and hang the lotus
36. Bend the bow and shoot the tiger
37. Closing position