

Yang Style T'ai Chi Ch'uan
25 Movement Short Form

(Adapted from the Traditional 108 Movement Long Form)

1. Commencement of T'ai Chi Ch'uan.
2. Ward Off Left.
3. Right Push Upward.
4. Roll 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. Step Up, Parry and Punch.
14. Apparent Close Up.
15. Cross Hands.
16. Carry Tiger to Mountain.
17. Roll Back, Press Forward and Push.
18. Single Whip and Creeps Down.
19. Step Up to Form Seven Stars.
20. Retreat to Ride Tiger.
21. Turn Round and Kick Horizontally.
22. Shoot a Tiger with Bow.
23. Step Up, Parry and Punch.
24. Apparent Close Up.
25. Conclusion of T'ai Chi ch'uan