

Old Yang-Style Tai Chi Chuan Form Postures

Watch section 1 (aka the short form): https://www.youtube.com/watch?v=fFNjmbMqe_0

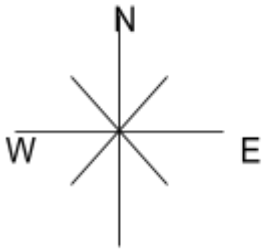
Watch the full, long form: https://www.youtube.com/watch?v=ov32momgb3E

Short Form (Section 1)

Take a look below at each of the movements of our old Yang-style tai chi chuan short form.

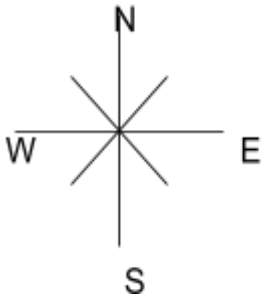
As a reminder, you don't have to face true North to practice the form. Whatever position you start from, that is considered North, and then you'd reorient yourself accordingly.

1. Open Tai Chi Ch'uan – Face front (North)
2. Ward off right – East
3. Ward off left – North
4. Reach out and grasp the ball – Northeast
5. Bring ball back to your tantien (the area below your navel.) – Northeast
6. Push ball out – Southeast
7. Rollback
8. Press – Southeast
9. Peel off and push – Southeast
10. Wipe the table top and Single Whip – West
11. Raise hands – North
12. Shoulder strike – North
13. White crane spreads its wings – West
14. Brush knee left – West
15. Step up and play lute – West



Old Yang-Style Tai Chi Chuan Form Postures

16. Brush knee left – West
17. Brush knee right – West
18. Brush knee left – West
19. Step up and play lute – West
20. Brush knee left – West
21. Present the fist – West
22. Snake enwrapping the tree – West
23. Deflect, intercept and vertical punch with middle knuckle extended – West
24. Peel off, roll back, and push forward – West
25. Turn and face the front (North), circling your hands, and then let your hands fall gently to your side. Close short form (Section 1).



Old Yang-Style Tai Chi Chuan Form Postures

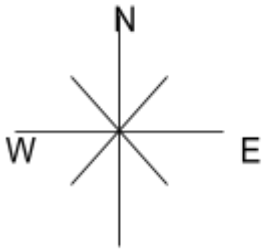
Section 2

This section begins from the end of Section 1 when you "Peel off, roll back, and push forward – West…"

1. Carry Tiger To The Mountain – E
2. Press – Small rollback – Push – E
3. Grasp Sparrow's Tail*
4. Diagonal Single Whip – NW
5. Fist Under Elbow – W
6. Repulse the Monkey – facing W, moving E
    a. Perform 3 times so your left foot is back before moving into…
7. Diagonal Flying – NE
8. Raise Hands – N
9. Shoulder strike – N
10. White crane spreads its wings – W
11. Brush knee – W

*Grasp Sparrow's Tail refers to this collection of movements from Section 1:

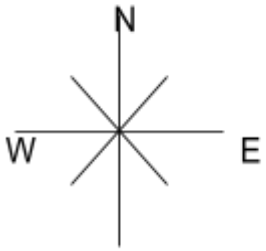
1. Ward off right – E
2. Ward off left – N
3. Reach out and grasp the ball – NE
4. Bring ball back to your tantien (the area below your navel.) – NE
5. Push ball out – SE
6. Rollback
7. Press – SE
8. Peel off and push – SE



Old Yang-Style Tai Chi Chuan Form Postures

Section 3

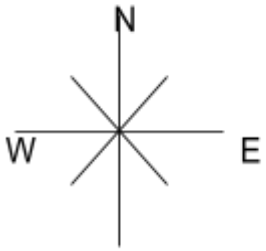
1. Pluck the needle at sea bottom – W
2. Fan through the back – W
3. Turn and chop – E
4. Present the fist – E
5. Snake enwrapping the tree – E
6. Deflect, intercept and vertical punch with middle knuckle extended – E
7. Step through with your right leg, then perform Grasp Sparrow's Tail as you do in Section 1
8. Single whip – W
9. High pat on horse – W
10. Cloud hands – moving W, body facing N
11. Single whip – W



Old Yang-Style Tai Chi Chuan Form Postures

Section 4

1. High pat on horse – W
2. Separate right foot – W or NW
3. Separate left foot – W or SW
4. Turn and front kick with the heel of the left foot – SE
5. Brush knee left – SE
6. Brush knee right – SE
7. Plant the Hammer – SE
8. Turn & Chop – NW
9. Present the fist – NW
10. Snake enwrapping the tree – NW
11. Peel off – roll back – push or pull down and then upward & forward – NW
12. Separate Right Foot – NW
13. Striking The Tiger – S
14. Striking The Tiger – N
15. Separate Right Foot – NW
16. Striking The Ears – NW
17. Separate Right Foot – W or NW
18. Separate Left Foot – W
19. Separate Right Foot – W or SW
20. Present the fist – W
21. Snake enwrapping the tree – W
22. Peel off and push – W



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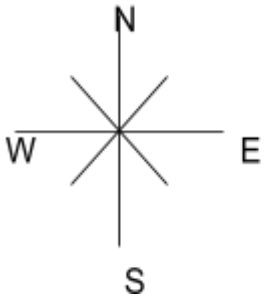
Section 5

1. Carry tiger to the mountain – E
2. Press – small rollback – Push – E
3. Grasp sparrow's tail
4. Single whip – N
5. Part horse's mane right – E, left – NE, right – E
6. Grasp sparrow's tail
7. Single whip – W
8. Fair lady works the shuttle
    a. North (Left Hand)
    b. South (Right Hand)
    c. West (Left Hand)
    d. East (Right Hand)
    e. SW (Counter-clockwise turn to SW - Right Hand)
    f. NE (Left-Hand)
    g. NW (Right Hand)
    h. SE (Left Hand)
9. Grasp sparrow's tail
10. Single whip – W

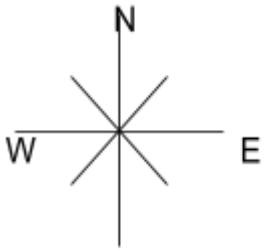
Watch section 5: https://www.youtube.com/watch?v=DLCyZj62RjA



Old Yang-Style Tai Chi Chuan Form Postures

Section 6

1. High pat on horse – W
2. Cloud hands – N
3. Single whip – W
4. Snake creeps down – W
5. Golden pheasant stands on one leg (Right) – W
6. Golden pheasant stands on one leg (Left) – W
7. Repulse monkey – Facing W, moving E
8. Diagonal flying – NE
9. Raise hands – N
10. Shoulder strike – N
11. White crane spreads its wings – W
12. Brush knee – W

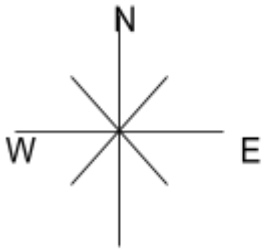


Old Yang-Style Tai Chi Chuan Form Postures

Section 7

*This section is the same as section 3, except *Turn and chop* is replaced with *White snake spits poison*.

1. Pluck the needle at sea bottom – W
2. Fan through the back – W
3. White snake spits poison – E
4. Present the fist – E
5. Snake enwrapping the tree – E
6. Deflect, intercept and vertical punch with middle knuckle extended – E
7. Step through with your right leg, then perform Grasp Sparrow's Tail as you do in Section 1
8. Single whip – W
9. High pat on horse – W
10. Cloud hands – moving W, body facing N
11. Single whip – W
12. High pat on horse – W



Old Yang-Style Tai Chi Chuan Form Postures

Section 8

1. High Pat On Horse – W
2. Striking With the Back of the Hand – W
3. Plant The Hammer – E
4. Grasp sparrow's tail
5. Single whip – W

Section 9

1. Snake creeps down – W
2. Step up to seven stars – W
3. Step back, astride tiger - Facing W moving E
4. Sweep lotus (Left) – E
5. Sweep lotus (Right) – W
6. Draw the bow
7. Present The Fist
8. Snake Enwraps the Tree
9. Peel off – roll back – push or pull down and then upward & forward – E
10. Close Tai Chi Chuan Long Form – N