

Posture List of the Traditional Yang Style Slow Form

<u>Posture</u>			
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1	Preparatory posture	24	Arms like fan, joined through the back
2	Taijiquan commencing	25	Turn with hammer Turn, hammer at belly
3	Stroke peacock's tail Ward (right, left, front) Divert and draw Squeeze Press	26	Circle foot and carry the hammer forward Step forth and extend left palm
4	Single whip	27	Step forth to stroke peacock's tail Ward
5	Close arms and lift		Divert and draw
6	White crane exposes wings		Squeeze
7	Brush left thigh and press forth right palm		Press
8	Play the guitar	28	Single whip
9	Brush thigh and press forth palm Brush left thigh and press forth right palm Brush right thigh and press forth left palm Brush left thigh and press forth right palm	29	Circle hands like clouds Circle hands #1 Circle hands #2 Circle hands #3 Circle hands #4 Circle hands #5
10	Play the guitar	30	Single whip
11	Brush left thigh and press forth right palm	31	High pat on horse
12	Circle foot and carry the hammer forward	32	Separate foot, right and left Separate right foot Separate left foot
13	Serpent slides back and seal with both palms	33	Turn and kick with left sole
14	Cross wrists (end of part 1)	34	Brush thigh and press forth palm Brush left thigh and press forth right palm Brush right thigh and press forth left palm
15	Tiger returns to mountain cave	35	Step forth to plant hammer
16	Stroke peacock's tail, diagonal Ward Divert and draw Squeeze Press	36	Turn with hammer Turn, hammer at belly Step forth and extend left palm
17	Circle palms and hammer under elbow	37	Circle foot and carry the hammer forward
18	Step back and repulse monkey Repulse monkey, left Repulse monkey, right Repulse monkey, left Repulse monkey, right Repulse monkey, left	38	Turn and kick with right sole
19	Fly slantingly	39	Conquer the tiger Conquer the tiger, left Conquer the tiger, right
20	Close arms and lift	40	Turn and kick with right sole
21	White crane exposes wings	41	Twin mountain peaks smash the ears
22	Brush left thigh and press forth right palm	42	Kick with left sole
23	Needles toward sea bottom	43	Turn and kick with right sole
		44	Carry the hammer forward
		45	Serpent slides back and seal with both palms
		46	Cross wrists (end of part 2)
		47	Tiger returns to mountain cave
		48	Stroke peacock's tail, diagonal Ward Divert and draw Squeeze Press
		49	Single whip, diagonal
		50	Wild horse parts its mane Wild horse parts its mane, right Wild horse parts its mane, left Wild horse parts its mane, right Wild horse parts its mane, left Wild horse parts its mane, right
		51	Stroke peacock's tail Ward (left, front) Divert and draw Squeeze Press
		52	Single whip
		53	Fair lady shuttles (toward four corners) Fair lady shuttles (corner #1) Fair lady shuttles (corner #2) Fair lady shuttles (corner #3) Fair lady shuttles (corner #4)
		54	Stroke peacock's tail Ward (left, front) Divert and draw Squeeze Press
		55	Single whip
		56	Circle hands like clouds Circle hands #1 Circle hands #2 Circle hands #3 Circle hands #4 Circle hands #5
		57	Single whip low form Single whip Low position (serpent creeps down)
		58	Golden cock stands on one leg Golden cock stands on one leg, left Golden cock stands on one leg, right
		59	Step back and Repulse monkey Repulse monkey, left Repulse monkey, right Repulse monkey, left Repulse monkey, right Repulse monkey, left
		60	Fly slantingly
		61	Close arms and lift
		62	White crane exposes wings
		63	Brush left thigh and press forth right palm
		64	Needles toward sea bottom
		65	Arms like fan, joined through the back
		66	White serpent flickers tongue Turn, palm at belly Step forth and extend left palm
		67	Circle foot and carry the hammer forward
		68	Step forth to stroke peacock's tail Ward Divert and draw Squeeze Press
		69	Single whip
		70	Circle hands like clouds Circle hands #1 Circle hands #2 Circle hands #3 Circle hands #4 Circle hands #5
		71	Single whip
		72	High pat on horse
		73	Weave palms
		74	Turn and kick with right sole
		75	Brush left thigh and hammer pointing toward lower abdomen
		76	Step forth to stroke peacock's tail, progressive steps Ward Divert and draw Squeeze Press
		77	Single whip low form Single whip Low position (serpent creeps down)
		78	Step forth with seven-star
		79	Retreat to ride tiger
		80	Turn and swing lotus
		81	Draw bow to shoot tiger
		82	Circle foot and carry the hammer forward
		83	Serpent slides back and seal with both palms
		84	Cross wrists (end of part 3)
		85	Taijiquan concluding (end of the series)