

# YANG TAI CHI SYMMETRICAL FORM

## section 2 & 3

	NAME	CHINESE	#2	#3
1.	Ride the Tiger	<i>T'ui Bu K'ua Hu</i>	N	N
2.	Carry Tiger to Mountain	<i>Bao Hu Kwei Shan</i>	W	E
3.	Grasping Sparrow's Tail	<i>Lan Ch'iao Wei</i>	W	E
4.	Turning Single Whip	<i>Gwan xin Dan Bien</i>	E	W
5.	Fist Under the Elbow	<i>Chou Ti Ch'ui</i>	E	W
6.	Repulse the Monkey	<i>Tao Nien Hou</i>	E	W
7.	Diagonal Flying (2)	<i>Hsia Fei Shih</i>	SE/NW	SW/NE
8.	Thunder Strike	<i>Shuang Feng Kuan Er</i>	NW	NE
9.	Raise Hands	<i>Ti Shou Shang Shih</i>	N	N
10.	Twin Dragons Turn Head	<i>Shuang Lung Hui Tou</i>	N	N
11.	White Storks Cools Wings	<i>Bai Hao Liang Ch'ih</i>	E	W
12.	Brush Knee and Push	<i>Lou Hsih Au Bu</i>	E	E
13.	Needle at the Sea Bottom	<i>Hai Ti Chen</i>	E	E
14.	Fan Through Back	<i>Shan Tung Pei</i>	E	E
15.	Turn, Chop with Fist	<i>Gwan Xin P'I Shen Ch'ui</i>	SW	SE
16.	Deflect, Parry, Punch	<i>Ban, Lan, Ch'ui</i>	W	E
17.	Grasping Sparrows Tail	<i>Lan Ch'iao Wei</i>	W	E
18.	Single Whip	<i>Dan Bien</i>	E	W
19.	Cloud Hands (4)	<i>Yun Shou</i>	N	N
20.	Single Whip	<i>Dan Bien</i>	E	W
21.	High Pat the Horse	<i>Gao Tan Ma</i>	E	W
22.	Separation of Leg	<i>Fen Chiao</i>	NE	NW
23.	Turn, Kick with Heel	<i>Gwan Xin, Feng Jiao</i>	W	E
24.	Brush Knee and Push (2)	<i>Lou Hsih Au Bu</i>	W	E
25.	Brush Knee, Punch Downward	<i>Jin bu Xia Ch'ui</i>	W	E
26.	Turn, Penetrating palms	<i>Gwan Xin, P'i Shen Ch'ui</i>	SE	SW
27.	Deflect, Parry, Punch	<i>Ban, Lan, Ch'ui</i>	E	W
27.	High Pat the Horse	<i>Gao Ta Ma</i>	E	W
28.	Separation of Leg	<i>Fen Chiao</i>	SE	SW
29.	Turn, Kick with Heel	<i>Gwan Xin Feng Jiao</i>	W	E
30.	Brush Knee and Push (2)	<i>Lou Hsih Au Bu</i>	W	E
31.	Brush Knee, Punch Downward	<i>Jin Bu, Xia Ch'ui</i>	W	E
32.	Turn, Penetrating palms	<i>Gwan Xin, PiI Shen Ch'ui</i>	NE	NW
33.	Deflect, Parry, Punch	<i>Ban, Lan, Ch'ui</i>	E	W
34.	High Kick	<i>Ti Jiao</i>	E	W
35.	Hit the Tiger	<i>Ta Hu</i>	SW	SE
36.	High Kick	<i>Ti Jiao</i>	E	W
37.	Hit the Tiger	<i>Ta Hu</i>	NW	NE
38.	Wind Fills the Ears	<i>Shuang Feng Kuan Er</i>	NW	NE
39.	Turn, Wind Fills the Ears	<i>Shuang Feng Kuan Er</i>	SE	SW
40.	Embracing Arms	<i>Ti Shou</i>	SE	SW
41.	Spin, Kick with Heel	<i>Gwan Xin, Ten Chiao</i>	E	W
42.	Deflect, Parry, Punch	<i>Ban, Lan, Ch'ui</i>	E	W
43.	Withdraw and Push	<i>Ju Feng Shih Pi</i>	E	W
44.	Turn to Cross Hands	<i>Gwan Xin Shi Tzu Shou</i>	N	N