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# YANG TAI CHI SYMMETRICAL FORM

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## Section 6

1. Press down Mt. Tai	<i>Tai Shan An</i>	N
2. Right piercing hand	<i>Yo Chuan Zhang</i>	NE
3. Left piercing hand	<i>Tso Chuan Zhang</i>	NW
4. High Pat the Horse	<i>Gau Ta Ma</i>	W
5. Single whip	<i>Dan Bian</i>	W
6. White snake darts out tongue	<i>Bai She To Xin</i>	W
7. Turn, kick	<i>Gwan San Shi Zi Tui</i>	E
8. Brush knee and punch	<i>San Bu Za Dong Chuei</i>	E
9. Deflect and parry	<i>Ban Lan</i>	E
10. Punch with locked fists	<i>Jin Bu, beng chuei</i>	NE
11. Turn and thrust both hands	<i>Suang Ca Shou</i>	SE
12. Dragon rolls around	<i>Lao Lung Gwan San</i>	SE
13. Two tigers spring at sheep	<i>Er Fu Pui Yang</i>	SE
14. Panther steals the heart	<i>Pao Tsu Tou Xin</i>	SE
15. White tiger pushes mountain	<i>Bai Fu Tui Shan</i>	SE
16. Single whip	<i>Dan Bian</i>	W
17. High Pat the Horse	<i>Gau Ta Ma</i>	W
18. White snake darts out tongue	<i>Bai She To Xin</i>	W
19. Turn, kick	<i>Gwan San Shi Zi Tui</i>	E
20. Brush knee and punch	<i>San Bu Za Dong Chuei</i>	E
21. Deflect and parry	<i>Ban Lan</i>	E
22. Punch with locked fists	<i>Jin Bu, beng chuei</i>	SE
23. Turn and thrust both hands	<i>Suang Ca Shou</i>	NE
24. Dragon rolls around	<i>Lao Lung Gwan San</i>	NE
25. Two tigers spring at sheep	<i>Er Fu Pui Yang</i>	NE
26. Panther steals the heart	<i>Pao Tsu Tou Xin</i>	NE
27. White tiger pushes mountain	<i>Bai Fu Tui Shan</i>	NE
28. Single whip	<i>Dan Bian</i>	W
29. Snake creeps down left	<i>She Xin Xa Si</i>	W
30. Step up to form seven stars	<i>San Bu Qi Shin</i>	W
31. Retreat to ride the tiger	<i>Tui Bu Gwa Fu</i>	W
32. Spin, sweep the lotus	<i>Gwan Xin Bai Lan</i>	W
33. Pull the bow to shoot the tiger	<i>Wan Kung She Fu</i>	SW
34. Step up, deflect, parry and punch	<i>Jin Bu, Ban Lan Chui</i>	W
35. Withdraw and push	<i>Yo Fung Ssu Bi</i>	W
36. Step back, snake creeps down	<i>She Xin Xa Si</i>	W
37. Step up to form seven stars	<i>San Bu Qi Shin</i>	W
38. Retreat to ride the tiger	<i>Tui Bu Gwa Fu</i>	W
39. Spin, sweep the lotus	<i>Gwan Xin Bai Lan</i>	W
40. Pull the bow to shoot the tiger	<i>Wan Kung She Fu</i>	NW
41. Step up, deflect, parry and punch	<i>Jin Bu, Ban Lan Chui</i>	W
42. Withdraw and push	<i>Yo Fung Ssu Bi</i>	W
43. Turn and cross hands	<i>Gwan Xin Shou shi</i>	N
44. Closing of Taiji double form	<i>He Taiji</i>	N