

YANG TAI CHI SYMMETRICAL FORM

section 4 & 5

NAME	CHINESE	#4	#5
1. Carry the Tiger to Mountain	<i>Bao Hu Kwei Shan</i>	SW	SE
2. Roll Back, Press, Push active step	<i>Lu, Ji, An (hua bu)</i>	SW	SE
3. Single Whip	<i>Dan Bien</i>	N	N
4. Parting Horse's Mane - 4	<i>Yeh Ma Fen Tsung</i>	W	E
5. Grasping Sparrow's Tail	<i>Lan Ch'iao Wei</i>	W	E
6. Single Whip	<i>Dan Bien</i>	E	W
7. Fair Lady Works Shuttles	<i>Yu Nu Ch'uan Shu</i>		
8. Single Hand Peng	<i>Peng</i>	N	N
9. Grasping Sparrows Tail	<i>Lan Ch'iao Wei</i>	W	E
10. Single Whip	<i>Dan Bien</i>	E	W
11. Middle Cloud Hands	<i>Yun Shou</i>	N	N
12. Single Whip	<i>Dan Bien</i>	E	W
13. Snake Creeps Down	<i>She Shen Hsia Shih</i>	E	W
14. Golden Rooster Stands on One Leg	<i>Chin Chi Tu Li</i>	E	W
15. Snake Creeps Down	<i>She Shen Hsia Shih</i>	E	W
16. Golden Rooster Stands on One Leg	<i>Chin Chi Tu Li</i>	E	W
17. Kick with Heel - 2	<i>Ten Chiao</i>	E	W
18. Big Pull Back - 4	<i>Da Tsai Na</i>	NE,SE	SE,SW
19. Slanted Flying - 2	<i>Hsia Fei Shih</i>	SE,NW	SW,NE
20. Thunder Strike	<i>Shuang Feng Kuan Er</i>	NW	NE
21. Raise Hands	<i>Ti Shou Shang Shih</i>	N	N
22. Dragon Turns Head	<i>Shuang Lung Hui Tou</i>	N	N
23. White Stork Cools Wings	<i>Bai Hao Liang Ch'ih</i>	E	W
24. Brush Knee and Push	<i>Lou Hsih Au Bu</i>	E	W
25. Needle At Sea Bottom	<i>Hai Ti Chen</i>	E	W
26. Fan Through the Back	<i>Shan Tung Pei</i>	E	W
27. Hawk Posture - 2	<i>Yao Tsu Tsuan T'ien</i>	W	E
28. Single Whip	<i>Dan Bien</i>	E	W
29. High Cloud Hands	<i>Yun Shou</i>	N	N
30. Single Whip	<i>Dan Bien</i>	E	W
31. Deflect, Parry & Punch	<i>Ban, Lan, Ch'ui</i>	E	W
32. Withdraw and Push	<i>Ju Feng Shih Pi</i>	E	W
33. Turn to Cross Hands	<i>Gwan Shin Shi Tzu Shou</i>	N	N