

Jing Chi Shen

The Art of Tai Chi Chuan

16 SHI YANG TAIJIQUAN **Standardised routine**

	English names	Chinese names
Form	Prepare	yu bei shi
1	Commence	qi shi
2	Part the wild horse's mane on both sides	zou you ya ma feng zong
3	White crane spreads its wings	bai he liang chi
4	Brush knee and twist step on both sides	zou you lou xi ao bu
5	Turn deflect, parry and punch	zhaun shen ban lan chui
6	Apparent close up	ru feng si bi
7	Single whip	dan bien
8	Play the lute	shou hui pi pa
9	Curve back arms on both sides (repulse monkey)	zuo you dao juan hong
10	Turn and lady works shuttle to the left	zou chuan suo
11	Lady works shuttle to the right	you chuan suo
12	Plucking needle from sea bottom	hai di zhen
13	Fan through	shan tong bei
14	Wave hands like clouds	yun shou
15	Grasping the sparrows tail to the right and left	you zou lan que wei
16	Cross hands and finish	shi zi shou, shou shi