

Yang Style Short Form T'ai Chi Postures (Earth) With Additional Movements

First Third	Second Third	Third Third
1. Preparation (from Wu Chi)	18. Embrace Tiger—Return to Mountain	37. Ward Off Right or Boxing the Ears
2. Beginning	19. Roll Back	38. Roll Back
3. Grasp Sparrow's Tail—Ward Off Left	20. Press	39. Press
4. Grasp Sparrow's Tail—Ward Off Right	21. Push	40. Push
5. Grasp Sparrow's Tail—Roll Back	22. Diagonal Single Whip	41. Single Whip
6. Grasp Sparrow's Tail—Press	23. Fist Under Elbow	42. Fair Lady Weaves at Shuttle (Four Corners)
7. Grasp Sparrow's Tail—Push	24. Step Back & Repulse Monkey (5)	43. Ward Off Left
8. Single Whip	25. Diagonal Flying	44. Ward Off Right
9. Lifting the Arm	26. Wave Hands Like Clouds (5)	45. Roll Back
10. Shoulder Strike	27. Single Whip	46. Press
11. Crane Spreads Wings	28. Snake Creeps Down (Descending Single Whip)	47. Push
12. Brush Knee—Twist step	29. Golden Pheasant Stands on Left Leg	48. Single Whip
13. Play the Pi Pa (Guitar)	30. Golden Pheasant Stands on Right Leg	49. Snake Creeps Down (Descending Single Whip)
14. Brush Knee—Twist Step	31. Separate Right Foot	50. Step Forward—Seven Star Dipper
15. Step Forward, Deflect Downward, Parry, and Punch	32. Separate Left Foot	51. Step Back to Ride the Tiger
16. Withdraw and Push	33. Turn and Kick with Heel	52. Sweep the Lotus
17. Crossing Hands	34. Brush Left Knee—Twist Step	53. Bend the Bow
	35. Brush Right Knee—Twist Step	54. Step Forward, Deflect Downward, Parry, and Punch
	36. Step Forward, Low Punch	55. Needle at Sea Bottom
		56. Fan Through the Back
		57. Turn and Strike with Backfist
		58. White Snake Sticks Out It's Tongue
		59. Withdraw and Push
		60. Crossing Hands
		61. Closing