



# TCM Time

CHINESE MEDICINE WITH KATHY YANG

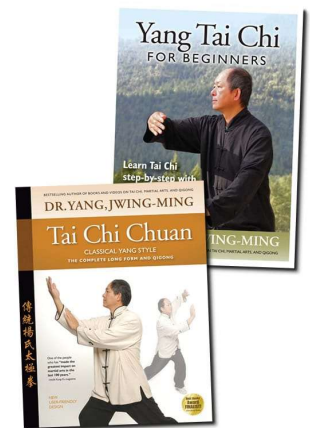
Kathy Yang, MSc · kathy@tcmtime.com · www.tcmtime.com

## Tai Chi Sequence—First Part

### Yang Style Taijiquan Sequence (Traditional Long Form – First Part)

(Chuántǒng Yáng Shì Tàijíquán) 傳統楊氏太極拳

1. **Beginning Taiji** (Tàijí Qǐ Shì) 太極起勢
2. **Grasp the Sparrow's Tail: Right** (Yòu Lǎn Què Wěi) 右攬雀尾
3. **Grasp the Sparrow's Tail: Left** (Zuǒ Lǎn Què Wěi) 左攬雀尾
4. **Ward off** (Péng) 棚
5. **Rollback** (Lǚ) 捩
6. **Press** (Jǐ) 擠
7. **Push Forward** (Àn) 按
8. **Single Whip** (Dān Biān) 單鞭
9. **Lift Hands to the Up Posture** (Tí Shǒu Shàng Shì) 提手上勢
10. **The Crane Spreads Its Wings** (Bái Hè Liàng Chì) 白鶴亮翅
11. **Brush Knee and Step Forward: Left** (Zuǒ Lǒu Xī Ào Bù) 左擻膝拗步
12. **Play the Guitar** (Shǒu Huī Pí Pá) 手揮琵琶
13. **Twist Body, Brush Knee and Step Forward: Left** (Zuǒ Lǒu Xī Ào Bù) 左擻膝拗步
14. **Twist Body, Brush Knee and Step Forward: Right** (Yòu Lǒu Xī Ào Bù) 右擻膝拗步
15. **Twist Body, Brush Knee and Step Forward: Left** (Zuǒ Lǒu Xī Ào Bù) 左擻膝拗步
16. **Play the Guitar** (Shǒu Huī Pí Pá) 手揮琵琶
17. **Twist Body, Brush Knee and Step Forward: Left** (Zuǒ Lǒu Xī Ào Bù) 左擻膝拗步
18. **Twist Body and Circle the Fist** (Piē Shēn Chuí) 撇身捶
19. **Step Forward, Deflect Downward, Parry and Punch** (Jìn Bù Bān Lán Chuí) 進步搬攔捶
20. **Seal Tightly** (Rú Fēng Sì Bì) 如封似閉
21. **Embrace the Tiger and Return to the Mountain** (Bào Hǔ Guī Shān) 抱虎歸山
22. **Close Taiji** (Hé Tàijí) 合太極



#### Resources:

Yang Tai Chi Beginner Bundle – Book and DVD

[ymaa.com/publishing/bundle/yang-tai-chi-beginner-bundle](http://ymaa.com/publishing/bundle/yang-tai-chi-beginner-bundle)

© 2012 YMAA Publication Center (ymaa.com)