

Yang Style Short Form

<u>Section</u>	<u>Posture</u>	<u>Breathing</u>	
1	Tai Chi Bow	Inhale – Exhale	
	Shifting weight	Inhale – Exhale, Inhale – Exhale	
	Up – Down	Inhale - Exhale	
	To the Right	Inhale	
	Circle Left	Exhale	
	World	Inhale	
	Turn, then Shift	Exhale	
	C-step	Inhale	
	Fan	Exhale	
	Bowl	Inhale	
	Foot	“	
	Push Bowl	Exhale	
	Butterfly	Inhale	
	Push Butterfly	Exhale	
	Wipe	Inhale	
	Push	Exhale	
	Chicken	Inhale	
	Chicken Wings	Exhale	
	Turn	Inhale	
	Slice	Exhale	
	Parry	Inhale	
	2	Single Whip	Exhale – Inhale – Exhale
		Double Eagle	Inhale – Exhale, Inhale – Exhale
		Reach	Inhale
		Pi-pa	Exhale
		Point	Inhale
		Fan	Exhale
Stork cools its Wings		Inhale – Exhale	
3	Stationary Circle:		
	World	Inhale	
	Brush Knee	“	
	Push	Exhale	
	Heal Lift	Inhale	
	Pi-pa	Exhale	
	Stationary Circle:		
	World	Inhale	
	Brush Knee	“	
	Push	Exhale	
	Movable Circle - Left:		
	Shift Back, and World	Inhale	
	Brush Knee	“	
	Push	Exhale	
	Movable Circle - Right:		
	Shift Back, and World	Inhale	
	Brush Knee	“	
Push	Exhale		

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<u>Section</u>	<u>Posture</u>	<u>Breathing</u>
3	Heal Lift	Inhale
	Pi-Pa	Exhale
	Stationary Circle:	
	World	Inhale
	Brush Knee	“
	Push	Exhale
4	Palm and Fist	Inhale
	Backfist and Parry	Exhale
	Step and punch	Inhale - Exhale
	Wipe	Inhale
	Palms high	Exhale
	Open	Inhale
	Palms low	Exhale
	Rollback	Inhale
	Palms center	Exhale
	Open	Inhale
	Cross arms	“
	Step	Exhale
	Up – Down	Inhale - Exhale
	Lotus	Inhale - Exhale

Video Online at www.pennridgetaichi.com. Look for videos under the “Lessons” tab.