

# Simplified Yueng's Tai Chi Chuan

## (24 Movements)

1. Commencement of Tai Chi Chuan
2. Partition of wild horse's main (3 times)
3. White stork spreads it's wings
4. Brush knee and twist step (3 times)
5. Play the fiddle
6. Step back & repulse the monkey
7. Left grasping the bird's tail
  - a) The ward-off style
  - b) The pull-back style
  - c) The press-forward style
  - d) The push style
8. Right grasping the bird's tail (180°)
  - a. The ward-off style
  - b. The pull-back style
  - c. The press-forward style
  - d. The push style
9. Single whip
10. Wave hands like clouds
11. Single whip
12. High pat on horse
13. Kick with right sole
14. Strike ears with fists (45°)
15. Kick with left sole (180°)
16. Snake creeps down & stands on one leg (2 times)
17. Fair lady works at shuttle (2 times at 30°)
18. Needle at sea bottom
19. Fan back through
20. Turn body & chop with fist
21. Step up, strike, parry & punch
22. Apparent close up
23. Cross hands
24. Conclusion of Tai Chi