

Yang Style Tai Chi Extended 8 Form

Commencing form

1. Repulse Monkey (Right and Left)
2. Part Wild Horse's Mane (Left and Right)
3. Brush Knee (Left and Right)
4. Cloud Hands (Left and Right)
5. Rooster Stands on one Leg (Right and Left)
6. Heel Kick (Right and Left)
7. Single Whip (Right and Left)
8. Snake Creeps Down (Right and Left)
9. Fair Lady Weaves the Shuttle (Right and Left)
10. Grasp Bird's Tail (Right and Left)
11. Cross Hands

Closing form

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