

16-Form Yang Tai Chi for Seniors

Opening stance (Wu Chi); raise hands

1. Hold ball, Ward Off left to left
2. Roll back, press to left
3. Separate hands, push to left
4. Wave hands to left (3 times); Wave hands to right (3 times)
5. Part horse's mane to right; Part horse's mane to front
6. Repulse like monkey [Step back] (3 times, L-R-L)
7. Brush knee twist step to front (3 times, R-L-R)
8. Cross hands; push to earth; raise hands
9. Hold ball, Ward Off right to right
10. Roll back, press to right
11. Separate hands, push to right
12. Wave hands to right (3 times); Wave hands to left (3 times)
13. Part horse's mane to left; Part horse's mane to front
14. Repulse like monkey [Step back] (3 times, R-L-R)
15. Brush knee twist step to front (3 times, L-R-L)
16. Cross hands; push to earth; close; return to Wu Chi