

# **Beginning T'ai Chi Ch'uan**



## **Course Plan: Yang Family Short Form—1st Third Postures**

**Warm Ups**

**Preparation & Beginning**

**Ward Off left and right**

**Roll Back, Press, & Push postures**

**Single Whip**

**Lift Hands**

**Shoulder Strike**

**Stork Spreads Wings**

**Brush Knee**

**Play Guitar**

**Deflect Downward, Parry, & Punch**

**Apparent Closure**

**Cross Hands**

**Close**