

Introduction to T'ai Chi Ch'uan

Yang Family Short Form—Final Third

Fair Maiden at the Shuttles (Four Corners)

Grasp Sparrow's Tail (Ward Off Left & Right, Press, Push)

Squatting Single Whip/Snake Creeps Down

Step Up to Form the Big Dipper (Seven Stars)

Ride the Tiger

Spin and Kick Horizontally (Lotus Kick)

Bend Bow, Shoot Tiger

Deflect Downward, Parry, and Punch (Chop, Drop, Punch)

Apparent Closure (Withdraw and Push)

Cross Hands

Conclusion/Closure

