

# YANG STYLE TAI CHI

## 1 to 24 FULL VERSION

17 Sept 2021

**00:00**

- Breathe-in arms up, breathe-out arms down, bend your knees.
- Shift your weight to the Right, **HOLD THE BALL** (1)
- Step out to the Left, **SHOW YOUR SLEEVE** (2)
- Retreat, turn-in Left leg, **HOLD THE BALL** on the Left
- Step out to the Right, **SHOW YOUR SLEEVE**
- Retreat, turn-in Right leg, **HOLD THE BALL** on the Right
- Step out to the Left, **SHOW YOUR SLEEVE**
- Transfer all your weight, pick up Right leg,
- Step back **CRANE SHOWING OFF THEIR WINGS** (3)

**01:24**

- **BIG CIRCLE, SMALL CIRCLE,**
- Right hand **GRAB THE APPLE** (4) at the back
- Push 1, Retreat 2, Forward 3, Switch Arm 4
- Step out to the Right,
- Push 1, Retreat 2, Turn-In 3, Switch Arm 4

- Step out to the Left, Push
- Transfer all your weight, Pick up back leg, Step in the middle
- Right arm to the heart, Left arm swing to front, Flex Left foot
- **Fight Position** (5)

## 02:18

- Right arm big circle, **MOVE THE MOON** (6), step back 1
- Left arm big circle, **MOVE THE MOON**, step back 2
- Right arm big circle, **MOVE THE MOON**, step back 3
- Left arm big circle, **MOVE THE MOON**, step back 4
- Continue with the motion into **HOLD THE BALL**

## 02:53

- Step out to the Left, **SHOW HALF OF THE SLEEVE**
- Bring both arms back, push the wrist, open, **PUSH THE WAVES** (7)
- Bring everything back to centre, turn-in left leg
- **HOLD THE BALL** on the Left
- Step out to the Right, **SHOW HALF OF THE SLEEVE**
- Bring both arms back, push the wrist, open, **PUSH THE WAVES** (8)

## 03:40

- Left hand up, Right hand down, **CLOUD HANDS** single
- **DRAGON CLAW** (9), Read the book, push it out
- Bring it back, scoop, drop the claw
- **CLOUD HANDS** (10) X 3
- **DRAGON CLAW** (11), Read the book, push it out

## 04:27

- Transfer all your weight, pick up Right leg, step back
- **PAT THE HORSE** (12)
- Step forward, Pick up Right leg, zip up, Extend 5 channels  
**(Right Heel kick)** (13)
- Lower the Right foot, **TRANSFER, CROSS HANDS, FIST, CIRCLE**  
**and HIT** (14)
- UP, Over, come back, Pick up Left leg, zip up, Extend 5  
channels **(Left Heel Kick)** (15)

## 05:14

- Switch to DRAGON CLAW, step out to the Left, CROUCH, TRANSFER, TURN YOUR BODY, PUSH 5 CHANNELS (16)
- Continue pushing, bring Right arm and leg forward on the diagonal, GOLDEN ROOSTER on the Left (17)
- Switch to DRAGON CLAW, step out to the Right, CROUCH, TRANSFER, TURN YOUR BODY, PUSH 5 CHANNELS
- Continue pushing, bring Left arm and leg forward on the diagonal, GOLDEN ROOSTER on the Right

## 06:07

- Step in the middle, HOLD THE BALL on the Left
- Step out to the Right, BLOCK and PUSH (18)
- Retreat, turn-in right foot, HOLD THE BALL on the Right
- Step out to the Left, BLOCK and PUSH
- Continue pushing, pick up back leg, step in the middle PARALLEL POSITION (19)
- NEEDLE AT BOTTOM OF SEA (20) reaching down, coming up, step out to the Left STRIKE (21)

## 06:56

- Paint the rainbow, bend your knees, UNFOLD ARM (22)
- DRAW, PUNCH, BRUSH (23), Open, PUSH THE WAVES
- Right arm up, open, CROSS ARMS (24), up, down, finish