

## 5 Section Taiji Sanshou 五段太極散手 (Tai Chi two person form)

### Partner A

#### Section I

- 1 Punch heart (*right*)
- 3 Punch centre (*right*)
- 5 Part the Wild Horse's Mane (*left*)
- 7 White Crane Spreads Wings
- 8 Brush Knee, Twist Step (*left*)
- 10 Hand Strums the Lute

#### Section II

---

- 12 Step-back, Whirl Arms (*right*)
- 14 Step-back, Whirl Arms (*left*)
- 16 Step-back, Whirl Arms (*right*)
- 17 Grasp Bird's Tail (*left*)
- 19 Roll-back to Press
- 21 Push

#### Section III

---

- 23 Wave Hands like Clouds (*left-parry*)
- 25 Wave Hands like Clouds (*right-parry*)
- 27 Single Whip
- 29 High Pat on Horse
- 31 Strike Ears with Both Fists

#### Section IV

---

- 33 Kick with Heel
- 35 Golden Rooster Stands on One Leg
- 37 Fair Maiden Weaves at Shuttles (*left*)
- 39 Needle at Sea Bottom
- 40 Fan Through Back

#### Section V

---

- 42 Turn over elbow
- 44 Chop with fist
- 46 Parry & Punch
- 48 Apparent Close-up and Push

### Partner B

#### Section I

- 2 Ward-off parry right
- 4 Ward-off parry left and Right Punch
- 6 Punch centre (*right*)

---

- 9 Rolling pull-down

---

#### Section II

- 11 Palm-strike (*left*)
- 13 Palm-strike (*right*)
- 15 Palm-strike (*left*)

---

- 18 Parry and step
- 20 Push

---

#### Section III

- 22 Parting Kick (*right*)
- 24 Parting Kick (*left*)
- 26 Palm-strike (*right*)
- 28 Parry (*left*)
- 30 Push

---

#### Section IV

- 32 Bend Backwards & Palm-strike (*left*)
- 34 Parry with Palm (*right*)
- 36 Parry with Palm (*left*)
- 38 Rolling-pulldown

---

---

#### Section V

- 41 Push elbow upward
- 43 Palm-strike (*left*)
- 45 Inside parry (*right*)
- 47 Covering pull-down
- 49 Catch with both Hands

50 Mutual Cross-hands

