

5 Section Taijiquan 五段太極拳

solo bare-hand form—yang-style (beginner)

Section I

1. Commencing Form
2. Part the Wild Horse's Mane (*left*)
3. White Crane Spreads Wings
4. Brush Knee, Twist Step (*left*)
5. Hand Strums the Lute

Section II

6. Step-back, Whirl Arms
7. Grasp Bird's Tail (*left*)
Ward-off, Roll-back, Press, Push

Section III

8. Wave Hands like Clouds (*2x*)
9. Single Whip
10. High Pat on Horse
11. Strike Ears with Both Fists

Section IV

12. Kick with Heel
13. Golden Rooster Stands on One Leg
14. Fair Maiden Weaves at Shuttles (*left*)
15. Needle at Sea Bottom
16. Fan Through Back

Section V

17. Twist-step, Deflect Down, Parry & Punch
18. Apparent Close-up and Push
19. Cross Hands
20. Closing Form

