

# 5 Section partner Taijiquan 五段太極散手

partner bare-hand form (beginner/intermediate)

## 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 (*right*)
4. Ward-off (*left*) and Right Punch
6. Punch centre (*right*)
9. Roll-back, 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

