

Yang-style T'ai Chi
The 16 Form

As shared by Sifu Steve Higgins:
Yang Family Sixteen-Movement Short Form



1. Commencement of T'ai Chi
2. Wave Hands Like Clouds to Left
3. Single Whip
4. Fist Under Elbow
5. Stork Flashes Wings
6. Brush Knee Left
7. Play Pi-pa
8. Repulse Monkey
9. Hit Tiger Left
10. Partition of Wild Horse's Mane
11. Punch Down to Pubis
12. Turn and White Snake Sticks Out Tongue
13. Step Up, Deflect, Parry, Punch
14. Grasp Bird's Tail
15. Turn and Cross Hands
16. Conclusion of Taijiquan