40 Form Yang Style Tai Chi

1. Commencing

2. Grasping the peacock’s tail (R)

3. Single whip (L)

4. Raise hands

5. White crane spreads its wings

6. Brush knee and push (L-R-L)

7. Right hand strums the lute

8. Deflect parry and punch

9. Apparent close

10. Slanting flying

11. Punch under elbow

12. Repulse monkey (5)

13. Fair Maiden works the shuttle (R-L)

14. Parting the horse’s mane (L-R)

15. Wave hands like clouds

16. Single whip

17. High pat on horse

18. Kick with right heel

19. Strike opponent’s ears with both fists

20. Separate left foot

21. Turn body and kick with heel

22. Needle at the bottom of the sea

23. Push through the back

24. White snake spits its tongue

25. Slap right foot

26. Tame tiger on both sides

27. Push down (right)

28. Rooster stands on one leg (both sides)

29. Punch groin

30. Grasping the peacock’s tail

31. Single whip

32. Push down (left)

33. Step forward to seven star posture

34. Step back to ride the tiger

35. Turn body and lotus kick

36. Bend the bow to shoot the tiger

37. Parry and punch

38. Apparent close

39. Cross hands

40. Closing form