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