

Yong-Nian-Yang-Style-Tai-chi-28-Forms



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- Form 1 **Opening stance**
- Form 2 **Opening form**
- Form 3 **Grasping the Peacock's tail**
- Form 5 **Raise hands**
- Form 7 **Left knee brush**
- Form 8 **Hands strumming the lute**
- Form 9 **Fist under elbow**
- Form 10 **Step back to repulse the monkey**
- Form 11 **Pat the high horse**
- Form 12 **Right toe separation and left Heel kick**
- Form 13 **Sidle to left and right to tame the tiger**
- Form 14 **Wave hands like moving clouds**
- Form 15 **Fair lady works at shuttles**
- Form 16 **Parting the wild horse's mane**
- Form 17 **Left knee brushing and groin punch**
- Form 18 **Step up and grasp the peacock's tail**
- Form 19 **Single whip**
- Form 20 **Snake creeps down**
- Form 21 **Golden cock stands on left and right legs**
- Form 22 **Step up to form seven stars**
- Form 23 **Retreat to ride the tiger**
- Form 24 **Trun to sweep the lotus feet**
- Form 25 **Bend the bow and shoot the tiger**
- Form 26 **Step up to parry and punch**
- Form 27 **Apparent close up**
- Form 28 **Cross hands and Closing form**