

Yong-Nian-Yang-Style-Tai-chi-85-Form

Form 1		Form 29	Single whip	Form 57	Snake creeps down
Form 2	Opening form	Form 30	Pat the high horse	Form 58	Golden cock stands on left and right legs
Form 3	Grasping the Peacock's tail	Form 31	Right and left toe separations	Form 59	Step back to repluse the monkey
Form 4	Single whip	Form 32	Left turn on right heel and left heel kick	Form 60	Oblique flying
Form 5	Raise hands	Form 33	Brushing left and right knees	Form 61	Raise hands
Form 6	White crane spreads its wings	Form 34	Circle to right and punch down	Form 62	White cranes spreads its wings
Form 7	Left knee brush	Form 35	trun,side and punch	Form 63	Left knee Brush
Form 8	Hands strumming the lute	Form 36	Step up, parry and punch	Form 64	Needle at the bottom the sea
Form 9	Brush knee-left,right,left	Form 37	Right heel kick	Form 65	Flash out hands
Form 10	Hands strumming the lute	Form 38	Side to left and tame the tiger	Form 66	White snake shows tounge
Form 11	Left knee brush	Form 39	Side to right and tame the tiger	Form 67	Step up, parry and punch
Form 12	Step up,parry and punch	Form 40	Right heel kick	Form 68	Step up to grasp the peacock's tail
Form 13	Apparent close up	Form 41	Boxing the opponent's ears	Form 69	Single whip
Form 14	Cross hands	Form 42	Left heel kick	Form 70	Wave hands like moving clouds
Form 15	Return to the mountain with tiger	Form 43	Right toe turn and right heel kick	Form 71	Single whip
Form 16	Fist under elbow	Form 44	Step up, parry and punch	Form 72	Pat the high horse,cross palms back to back
Form 17	Step back to repulse the monkey	Form 45	Apparent close up	Form 73	Trun and right heel kick
Form 18	Oblique flying	Form 46	Cross hands	Form 74	Left knee Brush and punch groin
Form 19	Raise hands	Form 47	Return to the mountain with tiger	Form 75	Step up and grasp the peacock's tail
Form 20	White crane spreads its wings	Form 48	Diagonal single whip	Form 76	Single whip
Form 21	Left knee brush	Form 49	Parting the wild horse's mane	Form 77	Snake creeps down
Form 22	Needle at the bottom of the sea	Form 50	Grasping the peacock's tail	Form 78	Step up to form seven stars
Form 23	Flash out hands	Form 51	Single whip	Form 79	Retreat to ride the tiger
Form 24	Turn,side and punch	Form 52	Fair lady works at shuttles	Form 80	Trun to sweep the lotus leg
Form 25	Step up,parry and punch	Form 53	Grasping the peacock's tail	Form 81	Bend the bow and shoot the tiger
Form 26	Step up to grasp the peacock's tail	Form 54	Single whip	Form 82	Step up to parry and punch
Form 27	Single whip	Form 55	Wave hands like moving clouds	Form 83	Apparent close up
Form 28	Wave hands like moving clouds	Form 56	Single whip	Form 84	Cross hands
				Form 85	Closing form