

# The 37 Essential Movements in Yang Style Taijiquan 108

*by Sam Masich*

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|---|--------------------------------------|
| 1) Ward-off   | <i>Peng</i>                          |
| 2) Roll-back  | <i>Lü</i>                            |
| 3) Press  | <i>Ji</i>                            |
| 4) Push   | <i>An</i>                            |
| 5) Single Whip                                      | <i>Dan Bian</i>                      |
| 6) Raise Hands, Step-up                             | <i>Ti Shou Shang Shi</i>             |
| 7) White Crane Spreads Its Wings                    | <i>Bai He Liang Chi</i>              |
| 8) Brush Knee, Twist-step                           | <i>Luo Xi Ao Bu</i>                  |
| 9) Hand Plays the Guitar                            | <i>Shou Hui Pipa</i>                 |
| 10) Step-up, Deflect Downward, Parry & Punch        | <i>Jin Bu Ban Lan Chui</i>           |
| 11) Apparent Closure (& Counter with Push)          | <i>Ru Feng Si Bi</i>                 |
| 12) Cross Hands (Embrace Tiger, Return to Mountain) | <i>Shi Zi Shou (Bao Hu Gui Shan)</i> |
| 13) Fist Under Elbow                                | <i>Zhou Di Chui</i>                  |
| 14) Step Back, Repulse like Monkey                  | <i>Dian Nian Hou</i>                 |
| 15) Diagonal Flying                                 | <i>Xie Fei Shi</i>                   |
| 16) Needle at Sea Bottom                            | <i>Hai Di Zhen</i>                   |
| 17) Fan Through the Back                            | <i>Shan Tong Bei</i>                 |
| 18) Turn & Chop Opponent with Fist                  | <i>Zhuan Shen Pie Chui</i>           |
| 19) Wave Hands Like Clouds                          | <i>Yun Shou</i>                      |
| 20) High Pat on Horse                               | <i>Gao Tan Ma</i>                    |
| 21) Parting Kick                                    | <i>Fen Jiao</i>                      |
| 22) Kick with Sole                                  | <i>Deng Jiao</i>                     |
| 23) Step-up, Punch Down                             | <i>Jin Bu Zai Chui</i>               |
| 24) Rising Kick                                     | <i>Ti Jiao</i>                       |
| 25) Hit Tiger                                       | <i>Da Hu</i>                         |
| 26) Double Winds Pierce Ears                        | <i>Shuang Feng Guan Er</i>           |
| 27) Part the Wild Horse's Mane                      | <i>Ye Ma Feng Zong</i>               |
| 28) Fair Maiden Weaves at Shuttles                  | <i>Yu Nü Chuan Suo</i>               |
| 29) Snake Creeps Down                               | <i>She Shen Xia Shi</i>              |
| 30) Golden Rooster Stands on One Leg                | <i>Jin Ji Du Li</i>                  |
| 31) White Snake Puts Out Tongue                     | <i>Bai She Tu Xin</i>                |
| 32) Palm Thrust                                     | <i>Shi Zi Zhang</i>                  |
| 33) Step-up, Punch to Groin                         | <i>Jin Bu Zhi Dang Chui</i>          |
| 34) Step-up, Form Seven Stars                       | <i>Shang Bu Qi Xing</i>              |
| 35) Retreat to Ride the Tiger                       | <i>Tui Bu Kua Hu</i>                 |
| 36) Turn to Sweep the Lotus                         | <i>Zhuan Shen Bai Lian Tui</i>       |
| 37) Bend Bow, Shoot Tiger                           | <i>Wan Gong She Hu</i>               |