

Families of the 37 Essential Forms in Yang Style Taijiquan 108

(In general the first posture in the group defines the group)

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