

## 13 Step Yang T'ai Chi Form

### Step #1 Hold Ball Left

1. Prepare (take deep breath and move arms away from body)
2. Step left foot out to horse stance
3. Raise hands to shoulder height and settle.
4. Turn to arms to left
5. Return right arm
6. Lower left arm and Hold ball left

### Step #2 Brush the Wild Horses Mane

1. Step left foot back to an L-stance
2. Sit
3. Shift weight to the left and lift right toes
4. Pivot right foot
5. Turn right fingers forward
6. Lower right hand to right hip and raise left hand in front of face.

### Step #3 Hold Ball Right

1. Shift weight back, lift left toes, and turn left palm down
2. Turn the body 45 degrees to the front and turn right hand under ball
3. Shift weight to the left
4. Touch right ball of foot and make right foot neutral.

### Step #4 Grasping the Sparrow's Tail

1. Turn right knee out to the right
2. Step out to the right heel and reach the right hand across the body palm up.
3. Take from one and give to the other (shifting weight to the right)
4. Turn hands over (right down and left up)
5. Pull down
6. Meet left palm to right wrist and push to the right
7. Wipe hands off roll back (lower right hand, take left hand up to inside of elbow, wipe off, and separate hands)
8. Push

### Step #5 Single Whip

1. shift weight to right foot
2. Pivot the left foot
3. Move hands across body – pivot right foot
4. Turn palms forward – turn left palm down – and right palm up
5. Pull down ( left hand and foot in – right hand reaches back)
6. Hook right hand and turn to left
7. Step left foot out to bow stance
8. Shift weight forward and push

**Step #6 Play Lute**

1. Shift weight back (lift left toes)
2. Turn to right (front)
3. Lower right hand under left – pull right foot in
4. Extend right arm out and right foot out (heel)
5. Press heels of hands in

**Step #7 Crane Spreads Wings**

1. Shift weight to right foot and turn foot in – extend right arm
2. Extend left arm out
3. Turn body to right
4. Lower arms - Raise arms
5. Turn palms over
6. Lift left hand up – right hand down
7. Left foot in – left foot out
8. Push with right hand

**Step #8 Crane Airs Wings and Play Lute**

1. Step right foot up to left
2. Shift weight
3. Turn palms in
4. Turn body to right
5. Switch hands
6. Step left foot out to toes
7. Turn body to front (left) and turn palms out
8. Lower hands to play lute position (lower to heel)

**Step #9 T'ai Chi Walk with Brush and Push**

1. Pull left hand and left foot in – lower left hand – reach right hand back – step left foot back out and push with right hand
2. Shift weight back and pivot left foot out. Lower right hand – Step right foot through – reach left hand back push with left
3. Shift weight back and pivot right foot out. Lower left hand – Step left foot through – reach right hand back push with right

**Step #10 Crane Airs Wings and Play Lute**

1. Step right foot up to left
2. Shift weight
3. Turn palms in
4. Turn body to right
5. Switch hands
6. Step left foot out to toes
7. Turn body to front (left) and turn palms out
8. Lower hands to play lute position (lower to heel)  
\*Pull left hand in and left foot in brush with left hand reach right hand back – step left foot out and push with right hand

**Step #11 Strike with Kick**

1. Turn left foot out – strike forward with right fist
2. Strike back with left fist
3. Lower arms
4. Back fist strike with right – guard with left hand – kick
5. Circle arms up to forehead and meet left palm to back of right fist
6. Step left foot forward and strike with right fist

**Step #12 Wipe Hands**

1. Turn palms in
2. Turn palms out

**Step #13 Gather at the Knees**

1. Shift weight to left and turn right foot out slightly
2. Shift weight to right and open arms
3. Turn left foot in slightly
4. Lower right shoulder and pull right foot in
5. Lower left shoulder and cross arms
6. Turn hands over and push up