

## The Names and Order of Yang Style Taijiquan Postures

1. Preparatory Posture
2. Beginning Form
3. Grasp Sparrow's Tail
4. Single Whip
5. Lift Hands Upward
6. White Crane Displays Wings
7. Left Brush Knee Twist Step
8. Hands Strum Pipa
9. Left and Right <sup>on Left</sup> Brush Knee Twist Step
10. Hands Strum Pipa
11. Left Brush Knee Twist Step
12. Advance Step, Deflect, Parry, and Punch
13. Like Sealing, As If Closing
14. Cross Hands
15. Embrace Tiger, Return to Mountain
16. Observe Fist Under Elbow
17. Left and Right Step Back Dispatch Monkey
18. Flying Obliquely
19. Lift Hands Upward
20. White Crane Displays Wings
21. Left Brush Knee Twist Step
22. Needle at Sea Bottom
23. Fan Through Back
24. Turn Body and Strike
25. Advance Step, Deflect, Parry, and Punch
26. Step Up, Grasp Sparrow's Tail
27. Single Whip
28. Cloud Hands
29. Single Whip
30. High Par on Horse
31. Left and Right Separate Feet
32. Turn Body and Kick with Heel
33. Left and Right Brush Knee Twist Step
34. Advance Step, Plant Punch
35. Turn Body and Strike
36. Advance Step, Deflect, Parry, and Punch
37. Right Kick with Heel
38. Left Hit Tiger
39. Right Hit Tiger
40. Turn Body, Right Kick with Heel
41. Twin Peaks Strike the Ears
42. Left Kick with Heel
43. Turn Body, Right Kick with Heel
44. Advance Step, Deflect, Parry, and Punch
45. Like Sealing, As If Closing
46. Cross Hands
47. Embrace Tiger, Return to Mountain
48. Oblique Single Whip
49. Wild Horse Parts Mane
50. Grasp Sparrow's Tail
51. Single Whip
52. Jade Maiden Threads Shuttle
53. Grasp Sparrow's Tail
54. Single Whip
55. Cloud Hands
56. Single Whip
57. Squating Single Whip
58. Golden Cock Stands on One Leg
59. Left and Right Step Back Dispatch Monkey
60. Flying Obliquely
61. Lift Hands Upward
62. White Crane Displays Wings
63. Left Brush Knee Twist Step
64. Needle at Sea Bottom
65. Fan Through Back
66. Turn Body, White Snake Darts Tongue
67. Deflect, Parry, and Punch
68. Grasp Sparrow's Tail
69. Single Whip
70. Cloud Hands
71. Single Whip
72. High Par on Horse with Piercing Palm
73. Cross-Shaped Legs
74. Advance Step Punch Toward Groin
75. Advance Step Grasp Sparrow's Tail
76. Single Whip
77. Squating Single Whip
78. Step Up Seven Stars
79. Retreat Astride Tiger
80. Turn Body Sweep Lotus
81. Draw the Bow and Shoot the Tiger
82. Advance Step, Deflect, Parry, and Punch
83. Like Sealing, As If Closing
84. Cross Hands
85. Closing Posture