

## **Tai Chi 16 form\***

1. Opening Posture
2. Part White Horse's Mane, diagonally LRL (L to NE, R to SE, L to NE)
3. White Crane Flashes Wing (facing E)
4. Push Hands Forward (left bow stance, facing E)
5. to right (S), Grasp the Bird's Tail
  - i. ward off
  - ii. roll back
  - iii. press
  - iv. push
6. to left (N), Grasp the Bird's Tail
7. Single Whip (to N)
8. to left, wave hands like clouds (3 steps with left foot, to N)
9. Single Whip
10. Play Lute
11. Repulse Monkey (LRL, facing N while moving S)
12. facing same direction (N), Single Whip
13. Needle at Sea Bottom
14. Fan Strikes Through Back
15. Gather to Cross Hands (facing E)
16. Closing Posture

\*This is the form as taught by Lily Qin, master teacher at Tacoma's Tai Chi Qigong Wellness Center. The directions assume one begins facing East.