Tai Chi 16 form [note: incomplete on pics]
[These directions assume we begin facing East.]

1. Opening Posture
   a b c d e

2. Part White Horse’s Mane, diagonally LRL (L to NE, R to SE, L to NE)
   a b c d e f g h i j k l m n o

3. White Crane Flashs Wing (facing E)
   a b c d
4. Push Hands Forward (left bo stance, facing E)

5. to right (S), Grasp the Bird’s Tail
   ward off
   roll back
   press
   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