

Movements of Yang or Beijing Style Nine Form Taijiquan

1. Commencement
2. Part the Wild Horse's Mane
3. White Crane Spreads Wings
4. Brush Knee Push
5. Hand Strums Lute
6. Step Back to Repulse the Monkey
7. Grasp the Bird's Tail left and right
8. Cross Hands
9. Closing