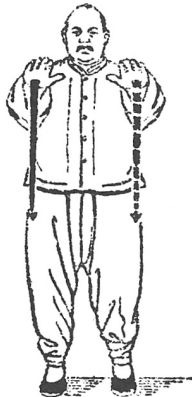




Shoreline 海岸线

太极拳 Tai Chi

Tai Chi 101: Grasping the Bird's Tail

Use this worksheet after class, to record your notes on posture and movement.

Posture Name and Illustration	
	Opening
	Left Wardoff
	Right Wardoff

Rollback



Press



Push



Single Whip



Raise Hands and Step Forward



White Crane Spreads Wings



Brush Knee and Push



Play the Pipa

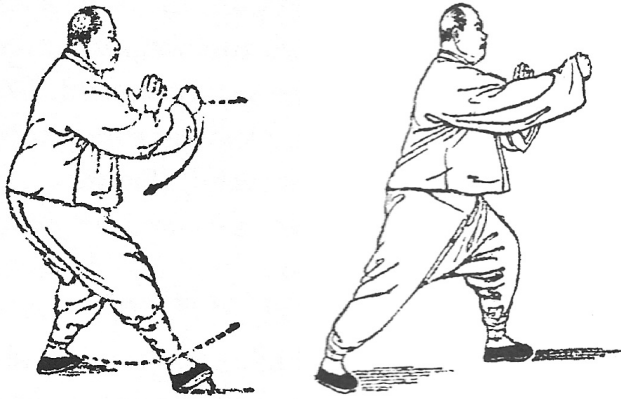


Brush Knee and Push (3 times)



Play the Pipa

Brush Knee and Push
Parry, Block and Punch



Apparent Closing



Watch video:

<https://shorelinetaichi.com/yang-style-taijiquan-postures-list/#video>

Illustrations from:

[Mastering Yang Style Taijiquan by Fu Zhongwen](#)

[Translated by Louis Swaim](#)

<https://amzn.to/3ligjLY>