



TaiChiChuanSacramento
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Yang Style 8 Form

Movements are repeated 4 times

1. Open & Repulse Monkey
2. Brush Knee
3. Partition the Wild Horse's Mane
4. Wave Hands Like Clouds
5. Golden Rooster Stands on One Leg
6. Heel Kick
7. Ward Off & Grasp Bird's Tail
8. Cross Hands & Close