



Tai Chi Yang Style 8 Form

- This routine was created in Beijing in 1999
- The Form is popular for its simplicity and it requires little space.
- It is symmetric
- Also known as 10 form.

Form	Movement direction / Number of repetitions	Health Benefits
Commencing form: Lift hands	Both hands rise to shoulder level Center	Benefits the liver.
1. Repulse Monkey	Right then left;	Benefits the small and large intestines, gallbladder, kidneys and spinal cord.
2. Brush Knees Left, Twist Steps, Brush Knees Right	Left then Right	Benefits the heart, lower digestive tract and stomach disorders.
3. Twist Step, Part the Wild Horses Mane with Twist	Left then Right	Benefits the small and large intestines, gallbladder, stomach and lungs.
4. Move Hands Like Clouds	Left side leads; two times, then right 2 times	Benefits the large intestine, pancreas, spleen and stomach.
5. Golden Cock Stands on One Leg	Right leg up left down, then left leg up right down	Benefits the stomach.
6. Cross hands and heel kick	Kick right, then kick left	Benefits the kidneys and stomach.
7. Grasp Peacock's Tail: Ward-off, Pull back, Press, Push	Right, then left	Benefit the large intestine; they also treat constipation.
8. Cross Hands Embrace the Tiger	Wide horse stance, Right leg comes in, Hand circle wide, and cross at the face , right hand in front of left.	Benefits gastric-intestinal functions.
Closing form	Both hands fall to the side, left leg drawn to the right	Benefits gastric problems.

Links:

Here are 2 links that I think are good to learn the form

Women in Pink Uniform: <http://www.youtube.com/watch?v=P4Z4sQNQtJM>

Mirror Image of 8 Form: <http://www.youtube.com/watch?v=IH4JZ6aqCbA>