

Yang Style Taiji Sanshou (88) 楊式太極散手(八十八)

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1. Step-forward, (rf), Punch (r)
3. Step-forward, (rf), Deflect-up, Punch (r)
5. Step-behind, (rf), Step-forward, (lf), Strike w. Shoulder (l)
7. Strike w. Elbow (l), (lf)
9. Turn body, Chop w. Back-fist (l), (lf)
11. Step-behind, (lf), 'Hit Tiger' (l)
13. Raise Hands (r), Step-up (r), Ch. step, (rf)
15. Turn-body, Back-fist (r), Rock-step, (rf)
17. Diagonal Forearm Strike (r), (rf)
19. 'Hit Tiger'- Low Punch (r), Step-behind, (rf)
21. Step-up, Elbow-stroke (l), (rf, lf)
23. 'Retreat to Ride Tiger', Kick Knee (l-o), Ch. step, (rf)
25. Wrist-pull (r), Forearm Smash (r), Step-behind, (rf)
27. Deflect-up (l), Punch (r), (rf)
29. Step-forward, (lf), Ward-off w. Shoulder (l)
31. Turn (l), Draw-back, Push, (lf)
33. Two Hands Push, Ch. step, (rf)
35. Single Hand Push Arm (l; r-o), (rf)
37. Escape (r), Single Hand Push (l), (rf)
39. Neutralize, Single Hand Push Elbow (l; r-o), Ch. step, (lf)
41. Elbow-pull (r), Forearm Smash (r), Ch. step, (rf)
43. 'Hit Tiger' (r), Step-behind, (rf)
45. Step-up, Shoulder-stroke (l), (rf,lf)
47. Separate Arms, Front Shoulder-stroke (r), Ch. step, (rf)
49. Strike w. Elbow (r), Step-behind, (rf)
51. Retreat step, (rf), Pull-down Opponent's Wrists
53. Parry Kick, (rf), Step-up, (lf), Shoulder (l)
55. Diagonal Step, (lf), Parting Kick, (rf)
57. Diagonal Step, (rf), Parting Kick, (lf)
59. Change Hands, Shoulder-stroke (r), Ch. step, (rf)
61. Grasp Sparrow's Tail (l), Ch. step, (lf)
63. Grasp Sparrow's Tail (r), Ch. step, (rf)
65. Roll-over Ward-off (r), (rf)
67. High Pat on Horse, Ch.-Step Kick Knee, (r-o, lf)
69. Turn-body to Sweep Lotus, Spin-step, Kick, (rf)
71. Step-back, (rf), Snake Creeps Down (l), (lf)
73. 'Hit Tiger' (l), Step-behind, (lf)
75. Repulse like Monkey (l), (no step, lf)
77. Step-back, (lf), Repulse Monkey (r), (rf)
79. Step-back, (rf), Repulse Monkey (l), Palm-strike (r), (lf)
81. Needle at Sea Bottom (l), (lf)
83. Hand Plays the Guitar (l), (lf)
85. Single Whip (rh), Ch. step, (rf)
87. Cross Hands, Palm Thrust (r), Ch. step, (lf)

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2. Step-back, (lf), Ward-off (r), (rf)
4. Parry (l), Punch (r), Rock-step, (rf)
6. 'Hit Tiger' (r), Step-behind, (rf)
8. Parry Elbow w. Palm (r), (rf)
10. Side-step, (lf), Step-in, (rf), Shoulder-stroke (r)
12. Turn-body, Strike Opponent w. Back-fist (r), (rf)
14. Turn-body, Push, Rock-step, (rf)
16. Deflect-up (l), Punch (r), Rock-step, (rf)
18. Part Wild Horse's Mane (l), (Ch. step-behind, lf)
20. Turn-body (l), Large Rollback, Step-back, (lf)
22. Push Wrist, Elbow (l-o), (step around), (rf, lf)
24. Step-up, Punch to Groin (r), Ch. step, (rf)
26. Fair Maiden Weaves Shuttles (r), Ch. step, (lf)
28. 'White Crane Spreads its Wings', Kick, (lf)
30. Twist Arm (l-o), Step-back, (lf), Step-over, (rf)
32. Double Winds Pierce Ears, (rf)
34. Turn-body, Punch (r), (rf)
36. Snapping Arm-lock, (rf)
38. Neutralize, Strike w. Palm Edge (r), (rf)
40. Neutralize, Step-behind, (rf), Strike w. Elbow ®
42. Arm-twist (r), Ch. step, (lf)
44. Turn-body (l), Large Rollback, Step-back, (lf)
46. Step-in, (rf), Press-forward
48. Shoulder (l), Ch. step, Step-in, (lf)
50. Twist-step (lf, rf), Golden Rooster, One Leg, (lf)
52. Kick w. Heel, (lf)
54. Ch.-Step-back (lf, rf), Strike-Twist Arm (r; l-o)
56. Parry (l), Brush Knee (r), (rf)
58. Parry (r), Brush Knee (l), (rf)
60. Side-step, Shoulder-stroke (r), Ch. step, (rf)
62. Cloud Hand (r), Sinking Side-step, (rf)
64. Cloud Hand (l), Sinking Side-step, (lf)
66. Turn-body (l), Back-fist Parry-Punch (r), (rf)
68. White Crane Spreads Wings (l), Hinder Leg, (rf)
70. Diagonal Flying (l), Ch. step, (lf)
72. Diagonal Flying (r), Ch. step, (rf)
74. Chop w. Back-fist (r), (rf)
76. Step-up, (rf), Thrust w. Palm (r)
78. Step-up, (lf), Thrust w. Palm (l)
80. Step-up (Small Kick, rf), Form Seven Stars
82. Fan Through the Back, Ch. step, (lf)
84. Bend Bow, Shoot Tiger, (Step-across, rf)
86. Fist Under Elbow, Ch. step, (lf)
88. Embrace Tiger, Return to Mountain, (lf)

Ⓐ and Ⓑ Both sides step back into even stance to complete the form.