

## Yang Simplified 8 Tai Chi Form (Also known as the Yang 8, Tai Chi Form 8)

### The Moves:

Opening Form (Step to Left, Upward and Downward)

- 1) Repulse Monkey**
- 2) Brush Knee and Push** (45 degrees to left, 45 degrees to right)
- 3) Part the Wild Horse's Mane** (45 degrees to left, 45 degrees to right)
- 4) Wave Hands Like Clouds** (twice to left, twice to right)
- 5) Golden Rooster Stands on One Leg** (right knee up, left knee up)
- 6) Kick with Heel** (right heel, left heel)
- 7) Grasp the Sparrow's Tail** (Ward Off, Roll Back, Press, Push; 90 degrees to right, 90 degrees to left). Use "Long Arm, Short Arm" to negotiate the 180-degree change from right side to left side.
- 8) Cross Hands**

Closing Form

For a slightly different performance, see:

<https://www.youtube.com/watch?v=lH4JZ6aqCbA>

The name of this video is "Two people mirror Tai Chi form 8." Two people are showing the form, one with a rear view, and one with a front view that is mirrored so that movements are in the direction the participant is experiencing. There are slight differences in this interpretation of the form compared to how we do it. For example, they go a full 90 degrees to the left and right for "Brush Knee and Push" and "Part the Wild Horse's Mane."

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