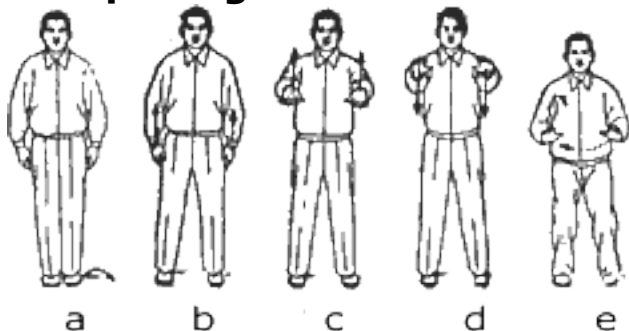


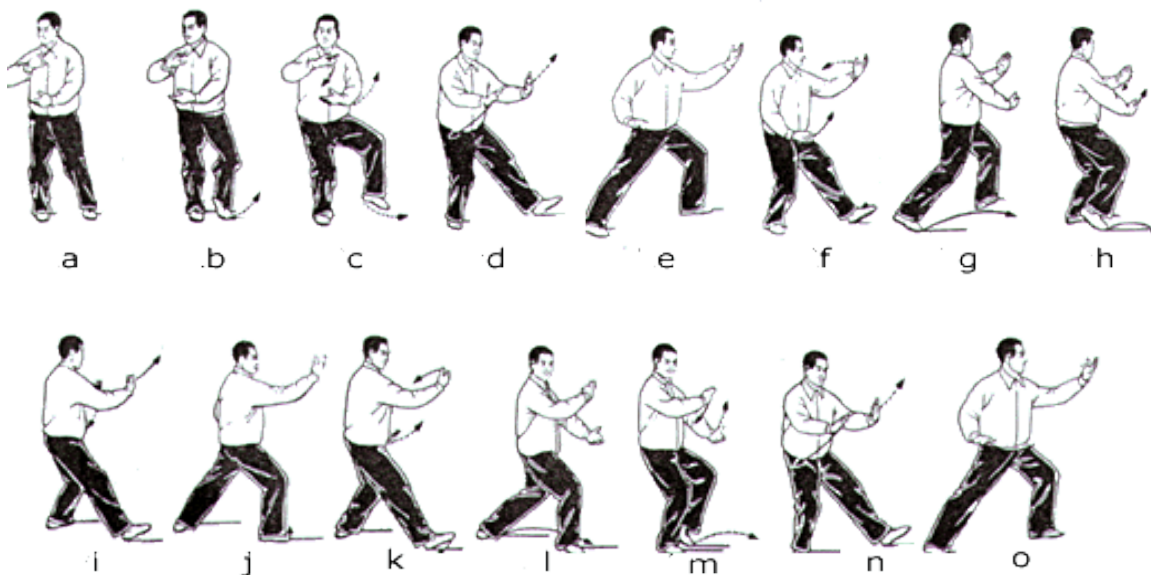
## Tai Chi 16 form [note: incomplete on pics]

[These directions assume we begin facing East.]

### 1. Opening Posture



### 2. Part White Horse's Mane, diagonally LRL (L to NE, R to SE, L to NE)



### 3. White Crane Flashes Wing (facing E)

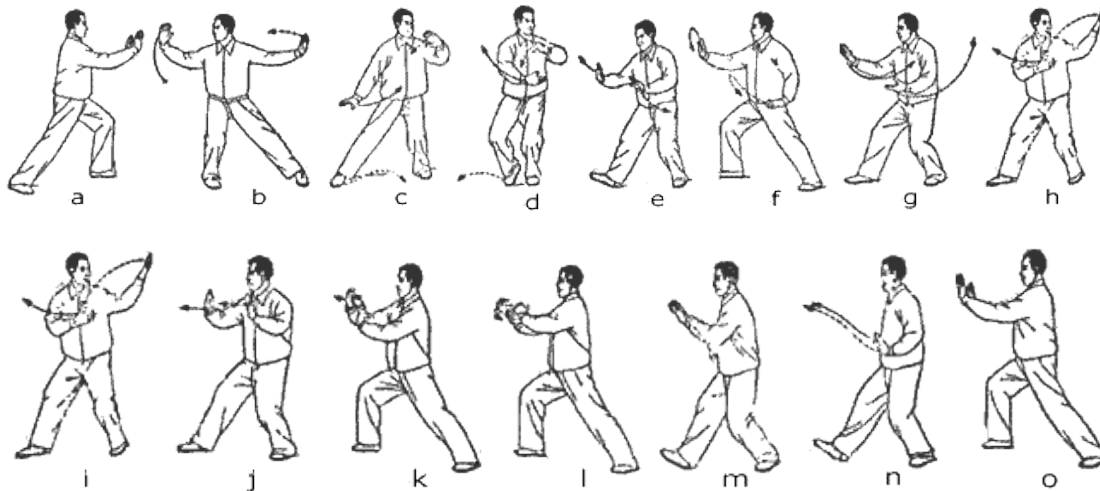


#### 4. Push Hands Forward (left bo stance, facing E)

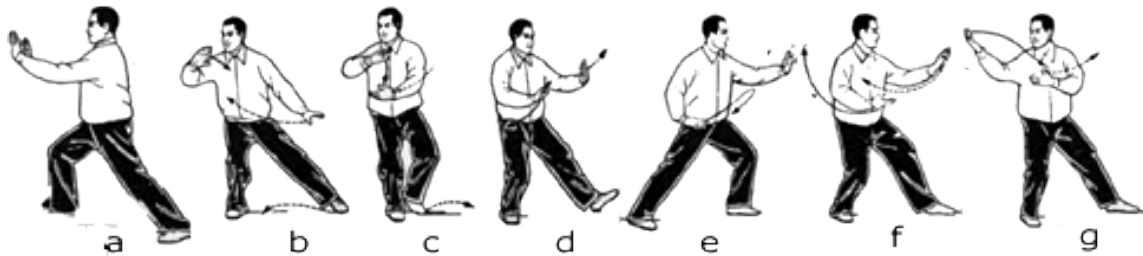


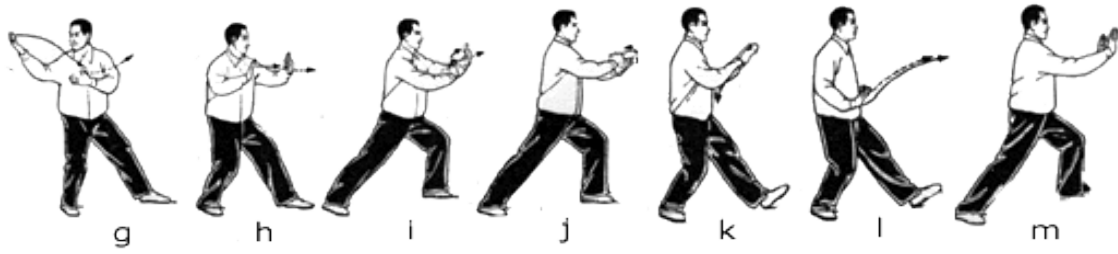
#### 5. to right (S), Grasp the Bird's Tail

ward off  
roll back  
press  
push

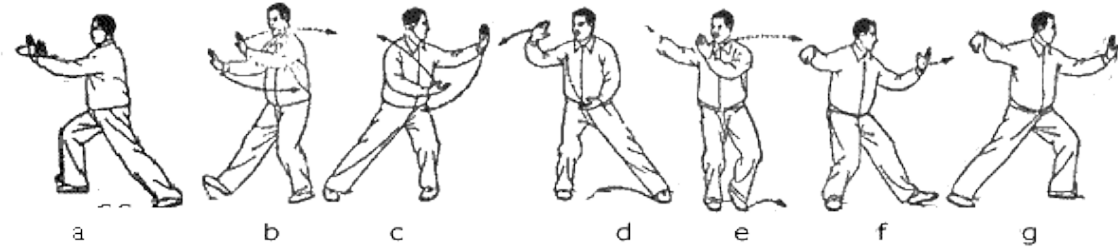


#### 6. to left (N), Grasp the Bird's Tail

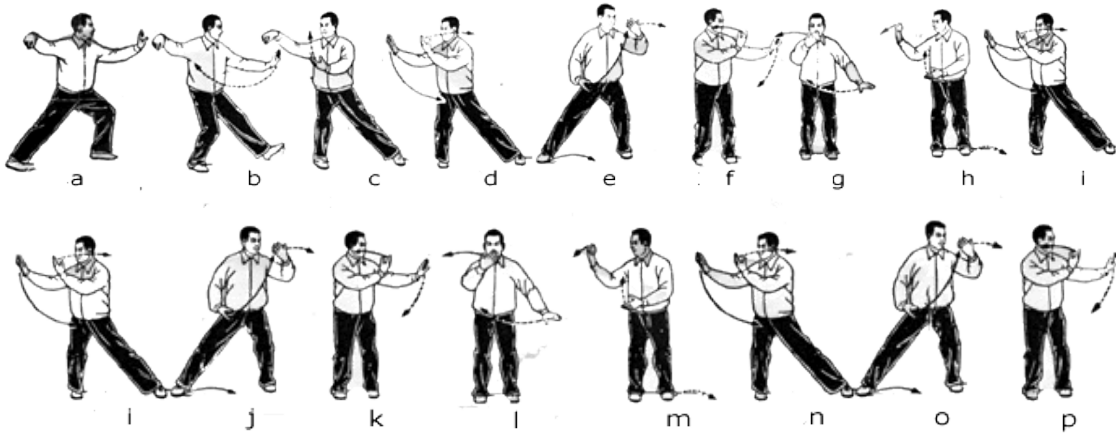




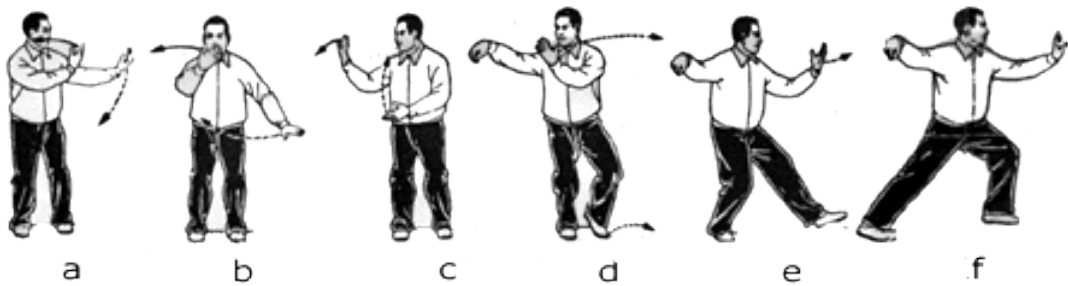
**7. Single Whip (to N)**



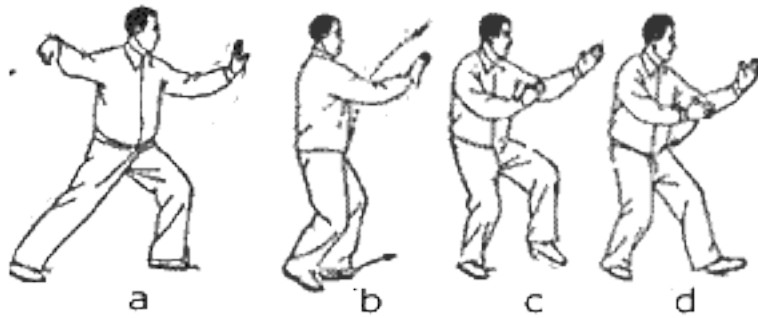
**8. to left, Wave Hands like Clouds (3 steps with left foot, to N)**



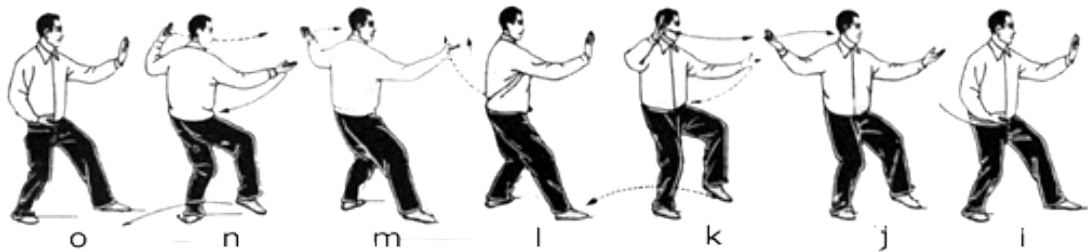
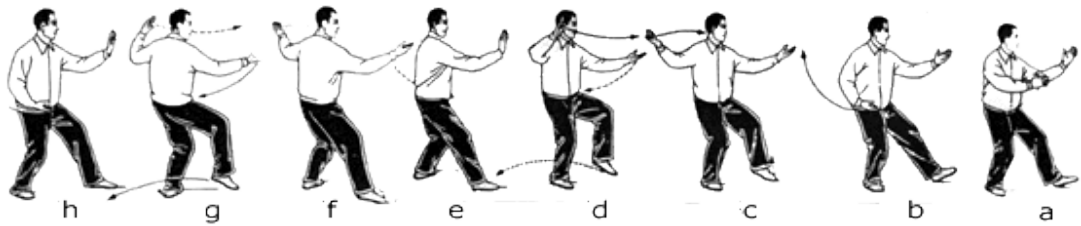
**9. Single Whip**



**10. Play Lute**



**11. Repulse Monkey (LRL, facing N while moving S)**



**12. facing same direction (N), Single Whip**



**13. Needle at Sea Bottom**

**14. Fan Strikes Through Back**

**15. Gather to Cross Hands (facing E)**

**16. Closing Posture**