

**(Yang) Taijiquan Solo Barehand – 108 postures**  
**As taught by Sam Masich – November 2002 -- May 2003**

**Preparation** (Taijiquan Qishi)

Feet shoulder width apart. Align head over chest over stomach. Shoulders lowered. Tongue on roof of mouth. Stomach slightly in.

**Commencement** (Taijiquan Qishi)

Hands rise as high as the shoulders. Hands lower, body lowers.

**Section 1**

1. Grasp sparrow's tail (*Lan Que Wei*)
2. Left ward off (*Zuo Peng*)
3. Right ward off (*You Peng*)
4. Roll-back (*Lu*)
5. Press (*Ji*)
6. Push (*An*)
7. Single whip (*Dan Bian*)
8. Raise hand, step up (*Ti Shou Shang Shi*)
9. White Crane spreads its wings (*Bai He Liang Chi*)
10. Brush knee, Twist-step (left) (*Luo Xi Ao Bu – zuo shi*)
11. Hands Play the Guitar (*Shou Hui Pipa*)
12. Brush knee, Twist-step (left) (*Luo Xi Ao Bu – zuo shi*)
13. Brush knee, Twist-step (right) (*Luo Xi Ao Bu – you shi*)
14. Brush knee, Twist-step (left) (*Luo Xi Ao Bu – zuo shi*)
15. Hands Play the Guitar (*Shou Hui Pipa*)
16. Brush knee, Twist-step (left) (*Luo Xi Ao Bu – zuo shi*)
17. Step Up, Deflect Downward, Parry & Punch (*Jin Bu Ban Lan Chui*)
18. Apparent Closure (and counter with push) (*Ru Feng Si Bi*)
19. Cross Hands (*Shi Zi Shou*)

**Section 2**

- Embrace Tiger Return to the Mountain (*Bao Hu Gui Shan*)
20. Brush knee (right) (*Luo Xi Ao Bu – you shi*)
  21. Ward-off, Roll-back, Press, Push (*Peng, Lu, Ji, An*)
  22. Fist under Elbow (*Zhou Di Chui*)
  23. Step back, Repulse Like Monkey – right (*Dao Nian Hou – you shi*)
  24. Step back, Repulse Like Monkey – left (*Dao Nian Hou – zuo shi*)
  25. Step back, Repulse Like Monkey – right (*Dao Nian Hou – you shi*)
  26. Step back, Repulse Like Monkey – left (*Dao Nian Hou – zuo shi*)
  27. Step back, Repulse Like Monkey – right (*Dao Nian Hou – you shi*)
  28. Diagonal Flying (*Xie Fei Shi*)
  29. Raise Hands, Step Up (*Ti Shou Shang Shi*)
  30. White Crane Spreads its wings (*Bai He Liang Chi*)
  31. Brush knee, Twist-step (left) (*Luo Xi Ao Bu – zuo shi*)
  32. Needle at Sea Bottom (*Hai Di Zhen*)

33. Fan Through the Back (*Shan Tong Bei*)
34. Turn and Chop Opponent with Fist (*Zhuan Shen Pie Shan Chui*)
35. Step Up, Deflect Downward, Parry & Punch (*Jin Bu Ban Lan Chui*)  
*Step up to Grasp the Bird's Tail* (*Shang Bu Lan Que Wei*)
36. Ward-off (left) (*Zuo peng*)
37. Ward-off (right), Roll-back, Press, Push (*You Peng, Lu, Ji, An*)
38. Single Whip (*Dan Bian*)
39. Cloud Hands – right and left 5 x (*Yun shou – you zuo shi*)
40. Single Whip (*Dan Bian*)

**Section IIa**

41. High Pat on Horse (*Gao Tan Ma*)
42. Parting Kick (right) (*You Fen Jiao*)
43. Parting Kick (left) (*Zuo Fen Jiao*)
44. Turn body, Kick with sole (left) (*Zhuan Shen Zuo Deng Jiao*)
45. Brush knee, Twist-step (left) (*Luo Xi Ao Bu – zuo shi*)
46. Brush knee, Twist-step (right) (*Luo Xi Ao Bu – you shi*)
47. Step up and Punch Down (*Jin Bu Zai Chui*)
48. Turn and Chop Opponent with Fist (*Zhuan Shen Pie Shan Chui*)
49. Step Up, Deflect Downward, Parry & Punch (*Jin Bu Ban Lan Chui*)
50. Rising Kick (right) (*You Ti Jiao*)
51. Hit Tiger (left) (*Da Hu – zuo shi*)
52. Hit Tiger (right) (*Da Hu – you shi*)
53. Rising Kick (right) (*You Ti Jiao*)
54. Double Winds Pierce Ears (*Shuang Feng Guan Er*)
55. Rising Kick (left) (*Zuo Ti Jiao*)
56. Turn body and Kick with sole (right) (*Zhuan Shen You Deng Jiao*)
57. (twist step) Step Up, Deflect Downward, Parry & Punch (*Jin Bu Ban Lan Chui*)
58. Apparent Closure (and counter with push) (*Ru Feng Si Bi*)
59. Cross Hands (*Shi Zi Shou*)

**Section 3**

- Embrace Tiger Return to the Mountain (*Bao Hu Gui Shan*)
60. Diagonal Brush knee right (*Xie You Lou Xi Ao Bu*)
  61. Ward-off, Roll-back, Press, Push (*Peng, Lu, Ji, An*)

- 62. Diagonal Single Whip
- 63. Part the Wild Horse's Mane (right)
- 64. Part the Wild Horse's Mane (left)
- 65. Part the Wild Horse's Mane (right)

*(Xie Dan Bian)*  
*(You Ye Ma Feng Zong)*  
*(Zuo Ye Ma Feng Zong)*  
*(You Ye Ma Feng Zong)*

*Grasp Bird's Tail*

- 66. Ward-off left (Should striking style)
- 67. Ward-off, Roll-back, Press, Push
- 68. Single Whip
- 70. Fair Maiden Weaves at Shuttles (1)
- 71. Fair Maiden Weaves at Shuttles (2)
- 72. Fair Maiden Weaves at Shuttles (3)
- 73. Fair Maiden Weaves at Shuttles (4)
- 74. Ward-off, Roll-back, Press, Push
- 75. Single Whip
- 76. Wave Hands Like Clouds (5x)
- 77. Single Whip

*(Lan Que Wei)*  
*(Zuo Peng) (Kao Shi Peng)*  
*(Peng, Lu, Ji, An)*  
*(Dan Bian)*  
*(Zuo Yu Nu Chuan Suo)*  
*(You Yu Nu Chuan Suo)*  
*(Zuo Yu Nu Chuan Suo)*  
*(You Yu Nu Chuan Suo)*  
*(Peng, Lu, Ji, An)*  
*(Dan Bian)*  
*(Yun Shou)*  
*(Dan Bian)*

**Section IIIa**

- 78. Snake Creeps Down
- 79. Golden Rooster Stands on Left Leg
- 80. Golden Rooster Stands on Right Leg
- 81. Step Back, Repulse Like Monkey Left/Right (5x)
- 82. Diagonal Flying
- 83. Raise Hands, Step-up
- 84. White Crane Spreads it Wings
- 85. Brush Knee (left)

*(She Shen Xia Shi)*  
*(Zuo Jin Ji Du Li)*  
*(You Jin Ji Du Li)*  
*(Zuo/You Dao Nian Hou)*  
*(Xie Fei Shi)*  
*(Ti Shou Shang Shi)*  
*(Bai He Liang Chi)*  
*(Zuo Luo Xi Ao Bu)*

- 86. Needle at Sea Bottom
- 87. Fan Through the Back
- 88. White Snake Puts Out Tongue

*(Hai Di Zhen)*  
*(Shan Tong Bei)*  
*(Zhuan Shen Bai She Tu Xin)*

- 89. Twist Step, Deflect Downward, Parry & Punch
- 90. Ward-off, Roll-back, Press, Push
- 91. Single Whip
- 92. Wave Hands Like Clouds (5x)
- 93. Single Whip

*(Jin Bu Ban Lan Chui)*  
*(Peng, Lu, Ji, An)*  
*(Dan Bian)*  
*(Yun Shou)*  
*(Dan Bian)*

**Section IIIb**

- 94. High Pat on Horse
- 95. Palm Thrust
- 96. Kick with Sole Deng Jiao
- 97. Step Up Punch to Groin

*(Gao Tan Ma)*  
*(Shi Zi Zhang)*  
*(Zhuan Shen Shi Zi Tui)*  
*(Jin Bu Zhi Dang Chui)*

- 98. Ward-off (Step-up), Roll-back, Press, Push
- 99. Single Whip
- 100. Snake Creeps Down
- 101. Step-up, Form Seven Stars
- 102. (Small Kick) Retreat to Ride the Tiger
- 103. Turn to Sweep the Lotus Zhuan
- 104. Shoot Tiger with Bow
- 105. Step-up, Deflect Downward, Parry & Punch
- 106. Apparent Closure & Counter with Push
- 107. Cross Hands
- 108. Conclusion of Taijiquan (Return to Origin)

*(Shang Bu Peng, Lu, Ji, An)*  
*(Dan Bian)*  
*(She Shen Xia Shi)*  
*(Shang Bu Chi Xing)*  
*(Tui Bu Kua Hu)*  
*(Zhuan Shen Bai Lian Tui)*  
*(Wan Gong She Hu)*  
*(Jin Bu Ban Lan Chui)*  
*(Ru Feng Si Bi)*  
*(Shi Zi Shou)*  
*(He Taijiquan (Huan Yuan))*

