



Tanigawa 18 step Tai Chi Form

18 step form as taught by Tanigawa Takeshi

1. Preparation		Yu Pei Shih
2. Beginning posture		Chi Shih
3. Part the wild horses mane	(Left ward off)	Lan Chueh Wei, Tso Peng
4. Right ward off	(Grasp the sparrows tail, right ward off)	Lan Chueh Wei, Yu Peng
5. Roll back	(Grasp the sparrows tail, roll back)	Lan Chueh Wei, Lu
6. Press	(Grasp the sparrows tail, press)	Lan Chueh Wei, Chi
7. Push	(Grasp the sparrows tail, push)	Lan Chueh Wei, An
8. Single whip		Tan Pien
9. Play the lute	(Lifting the hands)	Ti Shou
10. Shoulder strike	(Lean forward)	Kao
11. White crane spreads its wings		Pai Hao Liang Chih
12. Brush knee with push	(Brush left knee, twist step)	Tso Lou Hsih Yao Pu
13. Play the lute		Shou Hui Pi Pa
14. Brush knee with push	(Brush left knee, twist step)	Tso Lou Hsih Yao Pu
15. Parry and punch	(Step forward, deflect downward, intercept and punch)	Chin Pu, Pan Lan Chui
16. Sealing, closing	(Withdraw and push)	Ju Feng Szu Pi
17. Crossing hands		Shih Tzu Shou
18. Return to origin	(Conclusion of Tai Chi)	Ho Tai Chi

Form with additional positions

1. Preparation
2. Beginning posture
 - Hold the ball (Right)
3. Part the wild horses mane
 - Hold the ball (Left)
4. Right ward off
5. Roll back (Receive)
6. Press
 - Pull
7. Push
 - Sink down and push up, hook your opponent up
 - Ward off (Left)
 - Ward off (Right)
 - Take the rice from the bowl
8. Single whip
 - Golden cockerel stands on one leg
9. Play the lute
10. Shoulder strike
11. White crane spreads its wings
12. Brush knee with push
 - Draw an anticlockwise circle with the right hand and place a dot in the centre
 - Draw a clockwise circle with the left hand
13. Play the lute
14. Brush knee with push
15. Parry and punch
 - Steer the ship
 - Pull the elbow
 - Punch
16. Sealing, closing
 - Round the big bowl
 - Sink down and push up
17. Crossing hands
18. Return to origin

