

Tai Chi Quan movements Illustrated (太極拳圖解)

Single whip (單鞭)



Raise hands (提手上勢)



White crane cools its wings (白鶴亮翅)



Twist step, brush knee (擻膝拗步)



图 36

图 37

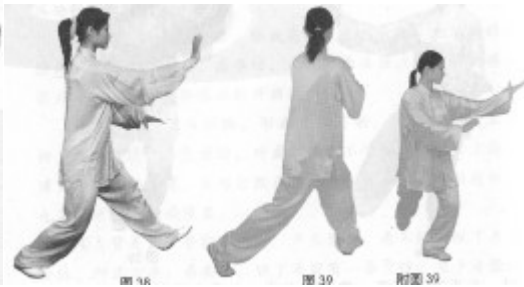


图 38

图 39

附图 39



图 40

附图 40



图 41

附图 41

Repulse monkey (倒撵猴)

