

Duan Wei Yang Style Taijiquan Series (One Way)

- Commence
- Step left.
- Raise and lower hands.
- Swivel right and cloud hands to left.
- Step forward with right foot and right hand floats up and block with left hand.
- The right hand makes a hook and the left a mirror.
- Left foot in and out with single whip as you turn to the left.
- Rock back to your left and hold the ball.
- Step though with the right foot.
- Right foot in front as you brush the bird's tail to the right.
- Right hand sweeping (soft) and push (hard) twice. Watch your hand.
- Step back with the right foot and extend the left hand.
- Left hand sweeping (soft) and push (hard) twice. Watch your hand.
- Step through and strike with right fist.
- Step though with left foot and push with left hand.
- Lean forward and cross punch with right hand.
- Lean back and cross punch with left hand.
- Step through with right foot and extend the right hand.
- Cross punch with left hand.
- Lean back and cross punch with right hand.
- Lean forward and cross jab with left hand.
- Lean back and cross jab with right hand.
- Step back and extend left hand.
- Lean forward and cross jab with right hand.
- Lean back and cross jab with the left hand.
- Left leg back and extend the right hand.
- Lean forward and cross jab with the left hand.
- Cross hands.
- Separate and rock back.
- Close the door.
- Right foot back and turn to the right.
- Hands apart.
- Step in as you cross your hands.
- Straighten up and hands shoulder width.
- Hands down.
- Left foot in.
- End