

STEP 16

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Wild horse parts mane	Yê mâ fèn zōng	

STEP 16 (6 moves)



1. Hands come to hold the ball in front of the body. Left hand is on top, palm face down. Right hand is palm up. Bring weight into left leg.



2. Right foot steps along to the side. Weight stays in left leg.



3. Transfer weight over to right leg as you separate arms. Arms are outstretched at shoulder level, right palm up and left palm down.



4. Bring weight back to left leg. Right hand draws in slightly. Left arm also bends in slightly. Right palm is up, left palm is face away.



5. Raise right toes. Turn body to right which turns right foot. Arms follow around with body. Place right foot on ground and bring all your weight into it. Left leg steps up and along to side. Hands are now holding a ball in front of body. Right hand on top, palm face down and left hand palm up. Weight is on right leg.

6. Transfer weight to left leg as you separate hands. Left palm up, right palm down. Hands at shoulder level.

