

Yang Style Tai Chi Long Form

Section I

1. Begin Tai Chi
2. Ward off left
3. Ward off right
4. Roll back
5. Press
6. Push
7. Single whip
8. Lifting hands
9. Shoulder stroke
10. White crane spreads wings
11. Brush left knee
12. Play the guitar
13. Brush left knee
14. Brush right knee
15. Brush left knee
16. Play the guitar
17. Brush left knee
18. Deflect downward, intercept and punch
19. Withdraw and push
20. Apparent closure (cross hands)

Section II

21. Embrace tiger, return to mountain
22. Roll back
23. Press
24. Push
25. Slanting single whip
26. Punch under elbow
27. Step back and repulse monkey-right
28. Step back and repulse monkey-left
29. Step back and repulse monkey-right
30. Step back and repulse monkey-left
31. Step back and repulse monkey-right
32. Diagonal flying posture
33. Lifting hands
34. Shoulder stroke
35. White crane spreads wings
36. Brush left knee
37. Needle at sea bottom
38. Fan penetrates back
39. Turn and chop
40. Deflect downward, intercept and punch
41. Step forward and ward off right
42. Roll back
43. Press

44. Push
45. Single whip

Section III

46. Hands waving in the clouds
47. Hands waving in the clouds
48. Hands waving in the clouds
49. Single whip
50. High pat on horse
51. Separate right foot
52. Separate left foot
53. Turn and kick
54. Brush knee and punch down with fist
55. Turn and white snake puts out tongue
56. Deflect downward, intercept and punch
57. Separate right foot
58. Hands penetrate clouds
59. Strike tiger (left)
60. Strike tiger (right)
61. Kick upward with right foot
62. Strike with both fists
63. Kick upward with left foot
64. Turn and kick with right foot
65. Deflect downward, intercept and punch
66. Withdraw and push
67. Apparent closure (cross hands)

Section IV

68. Embrace tiger, return to mountain
69. Roll back
70. Press
71. Push
72. Slanted single whip
73. Parting the wild horse's mane (right)
74. Parting the wild horse's mane (left)
75. Parting the wild horse's mane (right)
76. Parting the wild horse's mane (left)
77. Ward off right
78. Roll back
79. Press
80. Push
81. Single whip
82. Fair lady works the shuttle-1
83. Fair lady works the shuttle-2
84. Fair lady works the shuttle-3
85. Fair lady works the shuttle-4
86. Ward off Left
87. Ward off right

88. Roll back
89. Press
90. Push
91. Single whip

Section V

92. Hands waving in the clouds
93. Hands waving in the clouds
94. Hands waving in the clouds
95. Single whip
96. Snake creeps down
97. Golden rooster stands on one leg (right)
98. Golden rooster stands on one leg (left)
99. Step back and repulse monkey-right
100. Step back and repulse monkey-left
101. Step back and repulse monkey-right
102. Step back and repulse monkey-left
103. Step back and repulse monkey-right
104. Diagonal flying posture
105. Lifting hands
106. Shoulder stroke
107. White crane spreads wings
108. Brush left knee
109. Needle at sea bottom
110. Fan penetrates back
111. Turn and chop
112. Deflect downward, intercept and punch
113. Step forward and ward off right
114. Roll back
115. Press
116. Push
117. Single whip

Section VI

118. Hands waving in the clouds
119. Hands waving in the clouds
120. Hands waving in the clouds
121. Single whip
122. High pat on horse
123. Thrust with hand
124. Turn and kick with sole of foot
125. Brush knee and punch groin
126. Step forward and ward off right
127. Roll back
128. Press
129. Push
130. Single whip
131. Snake creeps down

132. Step forward to seven star
133. Step back to ride the tiger
134. Turn around and sweep with leg
135. Bend bow and shoot tiger
136. Deflect downward, intercept and punch
137. Withdraw and push
138. Cross hands
139. Closure