

T'ai Chi Ch'uan - Yang Long Form [Posture Reference Guide]

Yang Style School - Master T. T. Liang

Posture #	Posture Name	Beats	Direction
1	Preparation	2	North
2	Beginning	6	North
3	Ward Off Left	6	North
4	Ward Off Right	4	East
5	Roll Back	4	North East
6	Press	4	East
7	Push	4	East
8	Single Whip	6	West
9	Lifting Hands	2	North
10	Shoulder Stroke	2	North
11	White Crane Spreading Wings	2	West
12	Brush Knee Left	4	West
13	Play Guitar	2	West
14	Brush Knee Left	4	West
15	Brush Knee Right	4	West
16	Brush Knee Left	4	West
17	Play Guitar	2	West
18	Brush Knee Left	4	West
18	Chop With Fist	2	North West
20	Step Forward, Deflect, Parry and Punch	6	West
21	Withdraw and Push	4	West
22	Crossing Hands	4	North
	End of First Section		
23	Embrace the Tiger	4	South East
24	Roll Back	4	South East
25	Press	4	South East
26	Push	4	South East
27	Slanting Single Whip	6	North West
28	Fist Under Elbow	6	West
29	Step Back to Repulse Monkey, Right	4	West
30	Step Back to Repulse Monkey, Left	4	West
31	Step Back to Repulse Monkey, Right	4	West
32	Step Back to Repulse Monkey, Left	4	West
33	Step Back to Repulse Monkey, Right	4	West
34	Diagonal Flying	4	North East
35	Lifting Hands	2	North
36	Shoulder Stroke	2	North
37	White Crane Spreading Wings	2	West

38	Brush Knee Left	4	West
39	Needle at Sea Bottom	4	West
40	Fan Through Back	4	West
41	Turn Around and Chop with Fist	4	East
42	Step Forward, Deflect, Parry and Punch	6	East
43	Step Forward and Ward Off Right	4	East
44	Roll Back	4	East
45	Press	4	East
46	Push	4	East
47	Single Whip	6	West
48	Wave Hands Like Clouds, Left	4	West
49	Wave Hands Like Clouds, Right	4	East
50	Wave Hands Like Clouds, Left	4	West
51	Wave Hands Like Clouds, Right	4	East
52	Wave Hands Like Clouds, Left	4	West
53	Single Whip	6	West
54	High Pat on Horse	4	West
55	Separate Right Foot	6	North West
56	Separate Left Foot	6	South West
57	Turn Around and Strike with Heel	4	East
58	Brush Knee Left	4	East
59	Brush Knee Right	4	East
60	Step Forward and Punch Downward	4	East
61	Turn Around and Chop with Fist	4	West
62	Step Forward, Deflect, Parry and Punch	6	West
63	Kick Upward with Right Foot	4	North West
64	Strike Tiger, Left	4	South West
65	Strike Tiger, Right	4	North West
66	Kick Upward with Right Foot	4	North West
67	Strike With Both Fists	4	North West
68	Kick Upward with Left Foot	4	South West
69	Turn Around and Kick with Sole	6	West
70	Chop with Fist	2	North West
71	Step Forward, Deflect, Parry and Punch	6	West
72	Withdraw and Push	4	West
72	Crossing Hands	4	North
	End of Second Section		
73	Embrace the Tiger and Return to the Mountain	4	South East
75	Rollback	4	East
76	Press	4	South East
77	Push	4	South East
78	Horizontal Single Whip	6	North

79	Parting Wild Horses Mane (Right)	4	South East
80	Parting Wild Horses Mane (Left)	4	North East
81	Parting Wild Horses Mane (Right)	4	South East
82	Ward Off Left	4	North
83	Step Forward and Ward Off Right	4	East
84	Rollback	4	North East
85	Press	4	East
86	Push	4	East
87	Single Whip	6	West
88	Fair Lady Weaving at Shuttles	6	North East
89	Fair Lady Weaving at Shuttles	6	North West
90	Fair Lady Weaving at Shuttles	6	South West
91	Fair Lady Weaving at Shuttles	6	South East
92	Ward Off Left	4	North
93	Step Forward and Ward Off Right	4	East
94	Rollback	4	North East
95	Press	4	East
96	Push	4	East
97	Single Whip	6	West
98	Waving Hands in Clouds (left)	4	West
99	Waving Hands in Clouds (left)	4	East
100	Waving Hands in Clouds (left)	4	West
101	Waving Hands in Clouds (left)	4	East
102	Waving Hands in Clouds (left)	4	West
103	Single Whip	4	West
104	Single Whip Squatting Down	4	West
105	Golden Rooster Standing on One Leg (Right)	2	West
106	Golden Rooster Standing on One Leg (Right)	2	West
107	Step Back to Drive the Monkey Away (Left)	4	West
108	Step Back to Drive the Monkey Away (Right)	4	West
109	Step Back to Drive the Monkey Away (Left)	4	West
110	Step Back to Drive the Monkey Away (Right)	4	West
111	Step Back to Drive the Monkey Away (Left)	4	West
112	Diagonal Flying	4	North East
113	Lifting Hands	2	North
114	Shoulder Stroke	2	North
115	White Crane Spreading Its Wings	2	North
116	Brush Knee Left	4	West
117	Needle at Sea Bottom	4	West
118	Fan Through Back	4	West
119	Step Forward and Snake Dart out Tongue	4	East
120	Step Forward, Deflect Downward, Parry and Punch	6	East

121	Step Forward and Ward Off Right	4	East
122	Rollback	4	North East
123	Press	4	East
124	Push	4	East
125	Single Whip	6	West
126	Waving Hands in Clouds (Left)	4	West
127	Waving Hands in Clouds (Left)	4	East
128	Waving Hands in Clouds (Left)	4	West
129	Waving Hands in Clouds (Left)	4	East
130	Waving Hands in Clouds (Left)	4	West
131	Single Whip	6	West
132	High Pat on Horse	4	West
133	Thrusting Hand	4	West
134	Turn Around and Kick with Sole	4	East
135	Brush Knee and Punch Groin	4	East
136	Step Forward and Ward Off Right	4	East
137	Rollback	4	North East
138	Press	4	East
139	Push	4	East
140	Single Whip	6	West
141	Single Whip Squatting Down	4	West
142	Step Forward to Seven Stars	2	West
143	Step Back to Ride Tiger	2	West
144	Turn Around and Sweep with Leg	6	West
145	Bend Bow and Shoot Tiger	4	South West
146	Turn Body and Chop	4	North West
147	Step Forward, Deflect, Parry and Punch	6	West
148	Withdraw and Push	4	West
149	Crossing Hands	4	North
150	Conclusion of Tai Chi	4	North
	This represents the Yang style long form		
	as taught by Master T. T. Liang		