

TRADITIONAL YANG STYLE LONG FORM

PARAGRAPH ONE

1. Beginning Tai Chi
2. Ward-off Left
3. Ward-off Right (3-6 Grasp sparrow's Tail)
4. Roll-back
5. Press
6. Push
7. Single whip
8. Lift hands
9. White crane spreads wings
10. Brush knee, twist step right
11. Playing guitar
12. Brush knee, twist step right
13. Brush knee, twist step left
14. Brush knee, twist step right
15. Playing guitar
16. Brush knee, twist step right
17. Step forward, deflect downward, intercept and punch
18. Withdraw and push
19. Cross hands



PARAGRAPH TWO

20. Embrace tiger return to the mountain
21. Grasp sparrow's tail
22. Fist under elbow
23. Step back to repulse monkey right
24. Step back to repulse monkey left
25. Step back to repulse monkey right
26. Diagonal flying
27. Lift hands
28. White crane spreads wings
29. Brush knee and twist step
30. Needle at sea bottom
31. Fan through the back
32. Turn around and chop
33. Step forward, deflect downward, intercept and punch
34. Step forward, grasp sparrow's tail
35. Single whip
36. Waving hands like clouds – 3 times
37. Single whip
38. High pat on horse
39. Separate right foot
40. Separate left foot
41. Turn around and kick with left sole
42. Brush knee, twist step right
43. Brush knee, twist step left
44. Step up and punch downward
45. Turn around and chop
46. Step forward, deflect downward, intercept and punch
47. Kick right foot
48. Hit tiger at left
49. Hit tiger at right
50. Kick right foot
51. Strike ears – Box the ears
52. Kick left foot

53. Turn around and kick with right sole

54. Step forward, deflect downward, intercept and punch

55. Withdraw and push

56. Cross hands



PARAGRAPH THREE

57. Embrace tiger return to mountain
58. Grasp sparrow's tail
59. Diagonal single whip
60. Parting wild horse's mane, right
61. Parting wild horse's mane, left
62. Parting wild horse's mane, right
63. Grasp sparrow's tail
64. Single whip
65. Fair lady works at shuttles 1
66. Fair lady works at shuttles 2
67. Fair lady works at shuttles 3
68. Fair lady works at shuttles 4
69. Grasp sparrow's tail
70. Single whip
71. Waving hands like clouds – 3 times
72. Single whip
73. Snake creeps down
74. Golden pheasant stands on one leg, right
75. Golden pheasant stands on one leg, left
76. Step back to repulse monkey right
77. Step back to repulse monkey left
78. Step back to repulse monkey right
79. Diagonal flying
80. Lift hands
81. White crane spread wings
82. Brush knee and twist step
83. Needle at sea bottom
84. Fan through the back
85. White snake turns body and sticks out tongue
86. Step forward, deflect downward, intercept and punch
87. Step forward, grasp sparrow's tail
88. Single whip
89. Waving hands like clouds – 3 times

90. Single whip
91. High pat on horse
92. Crossing palm – Go with palm
93. Turn around and kick with right sole
94. Punch the opponent's groin
95. Step forward and grasp sparrow's tail
96. Single whip
97. Snake creeps down
98. Step up to form seven stars of the dipper
99. Step back to ride tiger
100. Turn around and sweep lotus with one leg
101. Shoot tiger with bow
102. Step forward, deflect downward, intercept and punch
103. Withdraw and push
104. Conclusion of Tai Chi

