

Tai Chi

Yang Style Long Form

First Third

1. Opening move
2. Ward off Left
3. Ward off right,
4. Grasp sparrow's tail
Soccer Ball (Ward off right)
Turn forearms over
Press
Push
5. Single whip
6. Play guitar
7. Shoulder strike
8. White crane spreads wings
9. Brush knee left
10. Play guitar
11. Brush knee left
12. Brush knee right
13. Brush knee left
14. Play guitar
15. Brush knee left
16. Punch (dump the bucket)
17. Parry, push
18. Cross Hands

