



Tai Chi Moves

Yang Style Long Form

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| 1. Opening move | 26. White Crane spreads wings |
| 2. Ward off left | 27. Brush knee left |
| 3. Ward off right | 28. Pick up the needle from the bottom of the sea |
| 4. Grasp sparrow's tail | 29. Raise arms |
| Turn forearms over | 30. Fan behind the back |
| Press | 31. Step forward and punch |
| Push | 32. Grasp sparrow's tail |
| 5. Single whip | 33. Single whip |
| 6. Play guitar | 34. Cloud hands |
| 7. Shoulder strike | 35. Single whip |
| 8. White crane spreads wings | 36. Hi pat horse |
| 9. Brush knee left | 37. Right side kick |
| 10. Play guitar | 38. Left side kick |
| 11. Brush knee left | 39. Turn and kick |
| 12. Brush knee right | 40. Brush knee left |
| 13. Brush knee left | 41. Brush knee right |
| 14. Play guitar | 42. Low punch |
| 15. Brush knee left | 43. Fan behind the back |
| 16. Dump the Bucket | 44. Punch (dump the bucket) |
| 17. Retreat and seal | 45. Right heel kick |
| 18. Cross hands, end of 1 st third | 46. Strike the tiger |
| 19. Carry tiger, return to mountain | 47. Double punch to the left |
| 20. Grasp sparrow's tail | 48. Double punch to the right |
| 21. Make a T | 49. Retreat and kick |
| 22. Fist under elbow | 50. Double wind through the ears |
| 23. Repulse the monkey | 51. Left heel kick |
| 24. Flying diagonal | 52. Turn around and kick |
| 25. Close Hands | 53. Step forward and punch |



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| 54. | Retreat and seal | 76. | Pick up the needle from the bottom of the sea |
| 55. | Cross hands, end of 2 nd third | 77. | Press against heaven |
| <hr/> | | 78. | Fan behind the back |
| 56. | Carry tiger, return to mountain | 79. | White snake puts out tongue |
| 57. | Grasp sparrow's tail | 80. | Punch (dump the bucket) |
| 58. | Diagonal single whip | 81. | Grasp sparrow's tail |
| 59. | Part the wild horses mane | 82. | Single whip |
| 60. | Grasp sparrow's tail | 83. | Cloud hands |
| 61. | Single whip | 84. | Single Whip |
| 62. | Fair lady weaves at the shuttle (4 corners) | 85. | Hi pat horse |
| 63. | Grasp sparrow's tail | 86. | Thrust out palm |
| 64. | Single whip | 87. | Turn back and cross kick |
| 65. | Cloud hands | 88. | Groin punch |
| 66. | Single Whip | 89. | Grasp sparrow's tail (secret step) |
| 67. | Snake creeps down | 90. | Single whip |
| 68. | Golden cock stands on one leg left | 91. | Snake creeps down |
| 69. | Golden cock stands on one leg right | 92. | Step up to seven stars |
| 70. | Repulse the monkey | 93. | Step back and ride the tiger |
| 71. | Flying diagonal | 94. | Turn and slap kick |
| 72. | Play guitar | 95. | Pull the bow and shoot the tiger |
| 73. | Shoulder strike | 96. | Punch (dump the bucket) |
| 74. | White stork spreads wings | 97. | Retreat and seal |
| 75. | Brush knee left | 98. | Cross hands |
| | | 99. | Open hands and end |