



## Yang Style Tai Chi Long Form

1. Opening move
  2. Open right side
  3. Ward off left
  4. Ward off right
  5. Grasp sparrow's tail
    - Roll back
    - Press
    - Push
  6. Single whip
  7. Play guitar
  8. Shoulder strike
  9. White crane spreads wings
  10. Brush knee left
  11. Play guitar
  12. Brush knee left
  13. Brush knee right
  14. Brush knee left
  15. Play guitar
  16. Brush knee left
  17. Dump the bucket
  18. Retreat and seal
  19. Cross hands, end of 1<sup>st</sup> third
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20. Carry tiger, return to mountain
  21. Grasp sparrow's tail
  22. Make a T
  23. Fist under elbow
  24. Repulse monkey
  25. Flying diagonal
  26. Play guitar
  27. Shoulder strike
  28. White crane spreads wings
  29. Brush knee left
  30. Pick up the needle from the bottom of the sea
  31. Press against heaven
  32. Fan behind the back
  33. Dump the bucket



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34. Move with no name
  35. Grasp sparrow's tail
  36. Single whip
  37. Cloud hands
  38. Single whip
  39. High pat horse
  40. Right side kick
  41. Left side kick
  42. Turn and kick with left heel
  43. Brush knee left
  44. Brush knee right
  45. Low punch
  46. Fan behind the back
  47. Dump the bucket
  48. Kick with right heel
  49. Strike the tiger
  50. Double punch to the left
  51. Double punch to the right
  52. Retreat and kick with right heel (turn to corner)
  53. Double wind through the ears
  54. Kick with the left heel
  55. Turn around and kick with the right heel
  56. Step forward and punch
  57. Retreat and seal
  58. Cross hands, end of 2<sup>nd</sup> third
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59. Carry tiger, return to mountain
  60. Grasp sparrow's tail
  61. Diagonal single whip
  62. Part the wild horse's mane
  63. Ward off left
  64. Grasp sparrow's tail
  65. Single whip
  66. Fair lady weaves at the shuttle (4 corners)
  67. Grasp sparrow's tail
  68. Single whip
  69. Cloud hands
  70. Single whip



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71. Snake creeps down
72. Golden cock stands on one leg left
73. Golden cock stands on one leg right
74. Repulse monkey
75. Flying diagonal
76. Play guitar
77. Shoulder strike
78. White stork spreads wings
79. Brush knee left
80. Pick up the needle from the bottom of the sea
81. Press against heaven
82. Fan behind the back (open fans)
83. Double fan
84. Dump the bucket
85. Move with no name
86. Grasp sparrow's tail
87. Single whip
88. Cloud hands
89. Single whip
90. High pat horse
91. Snake spits out tongue
92. Turn back and cross kick
93. Punch
94. Move with no name
95. Grasp sparrow's tail (secret step)
96. Single whip
97. Snake creeps down
98. Step up to seven stars
99. Step back and ride the tiger
100. Turn and slap kick
101. Pull the bow and shoot the tiger
102. Dump the bucket
103. Retreat and seal
104. Cross hands
105. Open hands and finish