

TRADITIONAL YANG STYLE LONG FORM

1. Beginning Tai Chi
2. Ward-off Left (2-6 Grasp sparrow's Tail)
3. Ward-off Right
4. Roll-back
5. Press
6. Push
7. Single whip
8. Lift hand
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
20. Embrace tiger return to the mountain
21. Grasp sparrow's tail
22. Diagonal single whip
23. Fist under elbow
24. Step back to repulse monkey right
25. Step back to repulse monkey left
26. Step back to repulse monkey right
27. Diagonal flying
28. Lift hands
29. White crane spreads wings
30. Brush knee and twist step
31. Needle at sea bottom
32. Fan through the back
33. Turn around and chop
34. Step forward, deflect downward, intercept and punch
35. Step forward, grasp sparrow's tail
36. Single whip
37. Waving hands like clouds – 3 times
38. Single whip
39. High pat on horse
40. Separate right foot
41. Separate left foot
42. Turn around and kick with left sole
43. Brush knee, twist step right
44. Brush knee, twist step left
45. Step up and punch downward
46. Turn around and chop
47. Step forward, deflect downward, intercept and punch
48. Kick right foot
49. Hit tiger at left
50. Hit tiger at right
51. Kick right foot

52. Strike ears – Box the ears
53. Kick left foot
54. Turn around and kick with right sole
55. Step forward, deflect downward, intercept and punch
56. Withdraw and push
57. Cross hands
58. Embrace tiger return to mountain
59. Grasp sparrow's tail
60. Diagonal single whip
61. Parting wild horse's mane, right
62. Parting wild horse's mane, left
63. Parting wild horse's man, right
64. Grasp sparrow's tail
65. Single whip
66. Fair lady works at shuttles 1
67. Fair lady works at shuttles 2
68. Fair lady works at shuttles 3
69. Fair lady works at shuttles 4
70. Grasp sparrow's tail
71. Single whip
72. Waving hands like clouds – 3 times
73. Single whip
74. Snake creeps down
75. Golden pheasant stands on one leg, right
76. Golden pheasant stands on one leg, left
77. Step back to repulse monkey right
78. Step back to repulse monkey left
79. Step back to repulse monkey right
80. Diagonal flying
81. Lift hands
82. White crane spread wings
83. Brush knee and twist step
84. Needle at sea bottom
85. Fan through the back
86. White snake turns body and sticks out tongue
87. Step forward, deflect downward, intercept and punch
88. Step forward, grasp sparrow's tail
89. Single whip
90. Waving hands like clouds – 3 times
91. Single whip
92. High pat on horse
93. Crossing palm – Go with palm
94. Turn around and kick with right sole
95. Punch the opponent's groin
96. Step forward and grasp sparrow's tail
97. Single whip
98. Snake creeps down
99. Step up to form seven stars of the dipper
100. Step back to ride tiger
101. Turn around and sweep lotus with one leg
102. Shoot tiger with bow
103. Step forward, deflect downward, intercept and punch
104. Withdraw and push
105. Conclusion of Tai Chi