

TAI CHI CHUAN



YANG STYLE LONG FORM

1. Ready	33. Separate right foot	65. Golden cock stands on right leg
2. Commencement	34. Separate left foot	66. Step back & repulse the monkey (RLRLR)
3. Ward off (L)	35. Turn & kick with left sole	67. Slanting flying
4. Grasp bird's tail (R): Pong (ward off) Le (roll back) Dy (press forward) On (push forward)	36. Brush knee & twist step (RL)	68. Raise hands & step up
5. Single whip	37. Step up, brush knee & punch downward	69. Stork cools its wings
6. Raise hands & step up	38. Turn, chop opponent with fist	70. Brush knee & twist step (R)
7. Stork cools its wings	39. Deflect downward, step up, parry, step up, & punch	71. Needle at sea bottom
8. Brush knee & twist step (R)	40. Right foot kicks upward	72. Fan through the back
9. Play the fiddle	41. Hit tiger left	73. Turn; white snake puts out tongue
10. Brush knee & twist step (RLR)	42. Hit tiger right	74. Deflect downward, step up, parry, step up, punch
11. Play the fiddle	43. Right foot kicks upward	75. Step up, pong (L)
12. Brush knee & twist step (R)	44. Strike opponent's ears with fists	76. Step up, grasp bird's tail (R) – pong, le, dy, on
13. Deflect downward, step up, parry, step up, punch	45. Left foot kicks upward	77. Single whip
14. Apparent counter & closure	46. Turn & right foot kicks upward	78. Wave hands like clouds (5)
15. Cross hands	47. Deflect downward, step up, parry, step up, punch	79. Single whip
16. Carry tiger to the mountain	48. Apparent counter & closure	80. High pat on horse
17. Grasp bird's tail – le, dy, on	49. Cross hands	81. Five darts whistling into the cave
18. Fist under elbow	50. Carry tiger to the mountain	82. Turn body & cross-form kick
19. Step back & repulse monkey (RLRLR)	51. Grasp bird's tail – le, dy, on	83. Step up, & punch opponent's groin
20. Slanting flying	52. Diagonal single whip	84. Grasp the bird's tail, step up, pong
21. Raise hands & step up	53. Partition of wild horse's mane (RLRLR)	85. Follow up, le, step up, dy, on
22. Stork cools its wing	54. Step up – pong (ward off) (L)	86. Single whip
23. Brush knee & twist step (R)	55. Step up, grasp bird's tail (R) – pong, le, dy, on	87. Snake creeps down
24. Needle at see bottom	56. Single whip	88. Step up to form seven stars fist
25. Fan through the back	57. Fair lady works at shuttles (4)	89. Retreat to ride the tiger
26. Turn & chop opponent with fist	58. Step up, pong (L)	90. Turn around and kick horizontally
27. Deflect downward, step up, parry, step up, & punch	59. Step up, grasp bird's tail – pong, le, dy, on	91. Fists under chin
28. Step up, grasp bird's tail – pong, le, dy, on	60. Single whip	92. Shoot tiger with bow
29. Single whip	61. Wave hands like clouds (5)	93. Deflect downward, step up, parry, step up, punch
30. Wave hands like clouds (5)	62. Single whip	94. Apparent counter & closure
31. Single whip	63. Snake creeps down (L)	95. Cross hands
32. High pat on horse	64. Golden cock stands on left leg	96. Conclusion of Tai Chi