

YANG STYLE T'AI CHI CH'UAN

Traditional 108-Movement Long Form

- 1) Commencement of T'ai Chi Ch'uan.
- 2) Grasp Bird's Tail Left.
- 3) Grasp Bird's Tail/ Right Push Upward.
- 4) Roll Back.
- 5) Press Forward.
- 6) Push.
- 7) Single Whip.
- 8) Raise Hands.
- 9) Stork Spreads Its Wings.
- 10) Left Brush Knee and Twist Step.
- 11) Play the Fiddle.
- 12) Left Brush Knee and Twist Step.
- 13) Right Brush Knee and Twist Step.
- 14) Left Brush Knee and Twist Step.
- 15) Play the Fiddle.
- 16) Left Brush Knee and Twist Step.
- 17) Step Up, Parry and Punch.
- 18) Apparent Close Up.
- 19) Cross Hands.
- 20) Carry Tiger to Mountain.
- 21) Roll Back, Press Forward and Push.
- 22) Fist Under Elbow.
- 23) Step Back and Repulse Monkey (Right).
- 24) Step Back and Repulse Monkey (Left).
- 25) Step Back and Repulse Monkey (Right).
- 26) Slanting Flying.
- 27) Raise Hands.
- 28) Stork Spreads Its Wings.
- 29) Left Brush Knee and Twist Step.
- 30) Needle at Sea Bottom.
- 31) Fan Through the Back.
- 32) Turn Around and Chop Opponent With Fist.
- 33) Step Up, Parry and Punch.
- 34) Grasp Birds Tail Left.
- 35) Step Up, Right Push Upward, Roll Back, Press Forward and Push.
- 36) Single Whip.
- 37) Cloud Hands.
- 38) Single Whip.
- 39) High Pat On Horse.
- 40) Separation of Right Foot.
- 41) Separation of Left Foot.
- 42) Turn and Left Foot Kick With Sole.
- 43) Left Brush Knee and Twist Step.
- 44) Right Brush Knee and Twist Step.
- 45) Step Up and Punch Downward.
- 46) Turn and Chop Opponent With Fist.
- 47) Step Up, Parry and Punch.
- 48) Right Foot Kick With Sole.
- 49) Hit a Tiger at Left.
- 50) Hit a Tiger at Right.

- 51) Right Foot Kick With Sole.
- 52) Strike Opponent's Ears With Both Fists.
- 53) Left Foot Kick With Sole.
- 54) Turn Around and Right Foot Kick With Sole.
- 55) Step Up, Parry and Punch.
- 56) Apparent Close Up.
- 57) Cross Hands.
- 58) Carry Tiger To Mountain.
- 59) Roll Back, Press Forward and Push.
- 60) Horizontal Single Whip.
- 61) Partition of Wild Horse's Mane (Right).
- 62) Partition of Wild Horse's Mane (Left).
- 63) Partition of Wild Horse's Mane (Right).
- 64) Grasp Bird's Tail Left.
- 65) Step Up, Right Push Upward, Roll Back, Press Forward and Push.
- 66) Single Whip.
- 67) Fair Lady Works At Shuttles (#1, Left).
- 68) Fair Lady Works At Shuttles (#2, Right).
- 69) Fair Lady Works At Shuttles (#3, Left).
- 70) Fair Lady Works At Shuttles (#4, Right).
- 71) Grasp Bird's Tail Left.
- 72) Step Up, Right Push Upward, Roll Back, Press Forward and Push.
- 73) Single Whip.
- 74) Clouds Hands.
- 75) Single Whip.
- 76) Single Whip Creeps Down.
- 77) Golden Cock Stands on One Leg (Right).
- 78) Golden Cock Stands on One Leg (Left).
- 79) Step Back and Repulse Monkey (Right).
- 80) Step Back and Repulse Monkey (Left).
- 81) Step Back and Repulse Monkey (Right).
- 82) Slanting Flying.
- 83) Raise Hands.
- 84) Stork Spreads Its Wings.
- 85) Left Brush Knee and Twist Step.
- 86) Needle at Sea Bottom.
- 87) Fan Through the Back.
- 88) Turn and White Snake Puts Out Tongue.
- 89) Step Up, Parry and Punch.
- 90) Grasp Bird's Tail Left.
- 91) Step Up, Right Push Upward, Roll Back, Press Forward and Push.
- 92) Single Whip.
- 93) Clouds Hands.
- 94) Single Whip.
- 95) High Pat On Horse and Plane Cross Hands.
- 96) Turn and Cross Foot Kick With Sole.
- 97) Step Up and Lower Punch.
- 98) Grasp Bird's Tail Left.
- 99) Step Up, Right Push Upward, Roll Back, Press Forward and Push.
- 100) Single Whip.
- 101) Single Whip Creeps Down.
- 102) Step Up to Form Seven Stars.
- 103) Retreat to Ride Tiger.
- 104) Turn Around and Kick Horizontally.
- 105) Shoot Tiger With Bow.
- 106) Step Up, Parry and Punch.
- 107) Apparent Close Up.
- 108) Conclusion of T'ai Chi Ch'uan.