

Yang Style Long Form

Section One

- 1 Preparation
- 2 Tai Chi Beginning
- 3 Ward-Off Left
- 4 Ward-Off Right
- 5 Roll Back
- 6 Press
- 7 Push
- 8 Single Whip
- 9 Lifting Hands
- 10 White Crane Spreads Wings
- 11 Brush Knee-Left
- 12 Play Guitar
- 13 Brush Knee-Left
- 14 Step Forward, Brush Knee-Right
- 15 Step Forward, Brush Knee-Left
- 16 Play Guitar
- 17 Brush Knee-Left
- 18 Deflect, Intercept and Punch
- 19 Withdraw and Push
- 20 Close: Cross Hands

Section Two

- 21 Carry Tiger To Mountain
- 22 Grasp The Bird's Tail
- 23 Diagonal Single Whip to Fist Under Elbow
- 24 Repulse The Monkey #1
- 25 Slant Flying
- 26 Lifting Hands
- 27 White Crane Spreads Wings
- 28 Brush Knee-Left
- 29 Pick Up Needle on Sea Bottom
- 30 Fan Through the Back
- 31 Turn and Chop with Fist
- 32 Intercept and Fist
- 33 Step Forward, Ward-Off Right
- 34 Grasp the Bird's Tail
- 35 Single Whip
- 36 Wave Hands Like Clouds

- 37 Single Whip
- 38 High Pat on Horse
- 39 Separate Right Leg
- 40 Separate Left Leg
- 41 Turn and Kick With Sole
- 42 Brush Knee-Left
- 43 Brush Knee-Right
- 44 Planting Punch
- 45 Turn and Cover
- 46 White Snake Darts Out Its Tongue
- 47 Intercept and Punch
- 48 Kick with Right Sole
- 49 Hit the Tiger-Left
- 50 Hit the Tiger-Right
- 51 Kick with Right Sole
- 52 Double Wind to the Ears
- 53 Kick with Left Sole
- 54 Turn and Kick with Right Sole
- 55 Step Down and Punch
- 56 Withdraw and Push
- 57 Close: Cross Hands

Section Three

- 58 Carry Tiger To Mountain
- 59 Grasp the Bird's Tail
- 60 Diagonal Single Whip
- 61 Part the Wild Horse's Mane-Right
- 62 Part the Wild Horse's Mane-Left
- 63 Part the Wild Horse's Mane-Right
- 64 Ward-Off Left
- 65 Ward-Off Right
- 66 Grasp the Bird's Tail
- 67 Single Whip
- 68 Fair Lady Works the Shuttle
- 69 Ward-Off Left
- 70 Ward-Off Right
- 71 Grasp the Bird's Tail
- 72 Single Whip
- 73 Wave Hands Like Clouds
- 74 Single Whip

- 75 Snake Creeps Down
- 76 Golden Pheasant Stands on One Leg-Left
- 77 Golden Pheasant Stands on One Leg-Right
- 78 Repulse the Monkey
- 79 Slant Flying
- 80 Lifting Hands
- 81 White Crane Spreads Wings
- 82 Brush Knee-Left
- 83 Pick Up Needle on Sea Bottom
- 84 Fan Through the Back
- 85 Turn and Chop with Fist
- 86 Deflect, Intercept and Punch
- 87 Step Forward, Ward-Off Right
- 88 Grasp the Bird's Tail
- 89 Single Whip
- 90 Wave Hands Like Clouds
- 91 Single Whip
- 92 High Pat on Horse
- 93 White Snake Spits Out Tongue
- 94 Turn and Cross Kick (Right Leg)
- 95 Step Down and Punch Low
- 96 Step Forward, Ward-Off Right
- 97 Grasp the Bird's Tail
- 98 Single Whip
- 99 Snake Creeps Down
- 100 Step Forward, Seven Stars (Right Foot and Right Hand Out)
- 101 Retreat and Ride Tiger (Right Hand Up, Left Hand Down)
- 102 Turn and Horizontal Kick (Right Foot)
- 103 Shoot Tiger With Bow
- 104 Deflect, Intercept and Punch
- 105 Withdraw and Push
- 106 Close: Cross Hands
- 107 Tai Chi Ending (Bring In Right then Left)
- 108 Bow