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.
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.
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.
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.
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.
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.
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.
100) Single Whip.
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.