

## Tai Chi Yang Long Form

Step	Movement	Face	Stance	Notes	
1	Preparation	N	Ultimate	standard hands up down pause 3, hands up down	
2	Single ward-off L	N	L-Bow	L hand forward / R hand back	
3	Double ward-off R	E	R-Bow	R hand forward / hands do not touch	
4	Grasp sparrows tail	E	R-Bow	hands back left side, press, draw back, two handed push	
5	Single whip	W	L-Bow	rotate front w/torso and R foot, torso back, drop left hand, step L	
6	Lift hands R	N	R-Heel	same as playing lute/mandolin but on R side	
7	Prepare for strike	N	R-Toe	shorten stance by drawing back R foot (prep for shoulder strike)	
8	Shoulder strike	N	R-Back	step out w/R foot / cover groin and upper body	
9	White crane spreads wings	W	L-Toe	R hand in front of forehead @ 45° in / L hand low @ hip	
10	Left Brush knee	W	L-Bow	L thumb brushes knee / R hand pushes @ 45°	
11	Raise R foot	W	L-Bow	lift R foot up set down behind L foot	
12	Play mandolin	W	L-Heel	shorten stance by drawing back L foot to heel stance	
13	Left brush knee strike	W	L-Bow	step forward w/L foot / L thumb brushes knee / R hand push	
14	Right brush knee strike	W	R-Bow	step forward w/R foot / R thumb brushes knee / L hand push	
15	Left brush knee strike	W	L-Bow	step forward w/L foot / L thumb brushes knee / R hand push	
16	Raise R foot	W	L-Bow	lift R foot up set down behind L foot	
17	Play mandolin	W	L-Heel	shorten stance by drawing back L foot	
18	Left brush knee strike	W	L-Bow	step forward w/L foot / L thumb brushes knee / R hand push	
19	Fist in open hand	Deflect, Intercept , Punch	W	L-Heel	R hand in L palm while shifting weight back to R foot / L foot point out
20	Bang the gong		W	R-Bow	step forward R back fist slanting across body @ 45° then circling
21	Step and punch		W	L-Bow	step forward L foot / R vertical punch L hand blocking center vertical
22	Two handed push		W	L-Bow	start w/wipe-off / withdraw / push
23	Knee bend (Close, cross hands)	N	Ultimate	turn back to N then execute / adjust R foot back in line	
24	Carry Tiger to Mountain	SE	R-Bow	135° to R / like brush knee except low hand faces forward	
25	Grasp sparrows tail	SE	R-Bow	hands back left side, assisted push, draw back, two handed push	
26	Single whip-diagonal	NW	L-Bow	turn L 180°	
27	R fist under L elbow	W	L-Heel	turn L 45° / adjust L foot back then R foot up / shift weight back / L spear hand	
28	Repulse monkey	W	R-Back	moving backwards / lead hand turns away, toward, then up / back hand circles behind then passes over lead hand	
29	Repulse monkey	W	L-Back	moving backwards	
30	Repulse monkey	W	R-Back	moving backwards	
31	Grasp ball on L side	W	R-Back	start W then pivot R 135° to NE / L hand on top	
32	Slant flying	NE		raise R hand to extend out palm up / L hand low L	
33	Lift hands R	N	R-Heel	same as playing lute/mandolin but on R side	
34	Prepare for strike	N	R-Toe	shorten stance by drawing back R foot (prep for shoulder strike)	
35	Shoulder strike	N	R-Back	step out w/R foot / cover groin and face	
36	White crane spreads wings	W	L-Toe	R hand in front of forehead @ 45° in / L hand low @ hip	
37	Left brush knee strike	W	L-Bow	step forward w/L foot / L thumb brushes knee	
38	Needle at bottom of Sea	W	L-short	R hand circles down-back-over top / lean forward toward floor	
39	Fan through the Back	W	L-Bow	Double open hand block @ 45° facing NW	
40	Turn & Chop w/Fist	E	R-Bow		
41	Fist in open hand	Deflect, Intercept , Punch	E	R-Bow	R hand in L palm
42	Bang the gong		E	R-Bow	R back fist
43	Step and punch		E	L-Bow	step forward L foot / R vertical punch L hand blocking center vertical
44	Double ward off		E	R-Bow	step forward w/R foot
45	Grasp sparrows tail	E	R-Bow	hands back left side, assisted push, draw back, two handed push	
46	Single whip	W	L-Bow	turn L 180° / start to R for Cloud Hands	
47	Cloud hands	N	Ultimate	hands do both sides / step out to L then R to match	
48	Cloud hands	N	Ultimate	hands do both sides / step out to L then R to match	
49	Cloud hands	N	Ultimate	hands do both sides / step out to L then R to match	
50	Single whip	W	L-Bow		
51	High Pat on Horse	W	L Back	pick up R foot & move up / R hand up forward / L hand palm up @ hip	

52	Open curtain / R pointed toe kick	W		start in short R-Bow stance / L hand reaches back, draws into X-block in front of face, pulling R foot into cat stance / kick to NW	
53	Open curtain / L pointed toe kick	W		start in short L-Bow stance / R hand reaches back, draws into X-block in front of face, pulling L foot into cat stance / kick to SW	
54	Pivot L 180°	E		turn to L / place L foot behind after kick to aid pivot	
55	Open curtain / L heel kick	E		start in short Ultimate stance / R hand reaches back, draws into X-block in front of face, pulling L foot into cat stance / heel kick to E	
56	L brush knee strike	E	L-Bow		
57	R brush knee strike	E	R-Bow		
58	Punch to floor	E	L-Bow	Sink down-lean forward / Punch to floor w/R fist	
59	White Snake sticks out tongue	W	R-Bow	turn R / R--toe / R-bow / R back hand / L reverse spearhand / R spearhand	
60	Fist in open hand	Deflect, Intercept, Punch	W	L-Bow	R hand in L palm while shifting weight back to R foot / L foot point out
61	Bang the gong		W	R-Bow	step forward R back fist
62	Step and punch		W	L-Bow	step forward L foot / R vertical punch L hand blocking center vertical
63	R heel kick		W		Face west kick NW 45° / open curtain to X-block / open curtain / R heel kick
64	Hit Tiger L	SW	L-Bow	step to S / double fore arm block to SW	
65	Hit Tiger R	NW	R-Bow	wipe off & step to N / double fore arm block to NW	
66	R foot Kicks Up	NW		Face west kick NW 45° / raise knee hands draw down each side then R heel kick	
67	Double Wind Blows to Ears	NW	R-Bow	Double hammer fist (Box ears)	
68	L Foot Kicks Up	N		Kick to west / hands circle & draw up leg w/X / open curtain L heel kick	
69	Turn R Foot Kicks Up	W		Turn 270° the R heel kicks	
70	Fist in open hand	Deflect, Intercept, Punch	W	L-Bow	R hand in L palm while shifting weight back to R foot / L foot point out
71	Bang the gong		W	R-Bow	step forward R back fist
72	Step and punch		W	L-Bow	step forward L foot / R vertical punch L hand blocking center vertical
73	Two handed push		W	L-Bow	start w/wipe-off / withdraw / push
74	Apparent Closure-Knee bend	N	Ultimate	turn back to N then execute / adjust R foot back in line	
75	Carry Tiger to Mountain	SE	R-Bow	135° to R / like brush knee except low hand faces forward	
76	Grasp sparrows tail	SE	R-Bow	hands back left side, assisted push, draw back, two handed push	
77	Single whip	N	L-Bow	turn L 135°	
78	Parting Wild Horses Mane R	SE	R-Bow	Like single ward-off except back hand farther back & front hand higher	
79	Parting Wild Horses Mane L	NE	L-Bow		
80	Parting Wild Horses Mane R	SE	R-Bow		
81	Single Ward off Left	N	L-Bow		
82	Double ward off	E	R-Bow		
83	Grasp sparrows tail	E	R-Bow		
84	Single whip	W	L-Bow		
85	Grasp ball	NE	R-Bow	pivot to NE	
86	Guard head L / strike R	NE	L-Bow	hand low on ball comes up to guard	
87	Shift weight & pivot L			L hand top while pivoting R 270° to NW	
88	Guard head R / strike L	NW	R-Bow	hand low on ball comes up to guard	
89	Shift weight & pivot R			R hand top while pivoting R 90° to SW	
90	Guard head L / strike R	SW	L-Bow	hand low on ball comes up to guard	
91	Shift weight & pivot L			L hand top while pivoting R 270° to SE	
92	Guard head R / strike L	SE	R-Bow	hand low on ball comes up to guard	
93	Single ward-off L	N	L-Bow		
94	Double ward-off R	E	R-Bow		
95	Grasp sparrows tail	E	R-Bow		
96	Single whip	W	L-Bow		
97	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match	
98	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match	
99	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match	
100	Single whip	W	L-Bow	pivot R foot out for Snake	
101	Snake creeps down	W		low scoop movement w/body start in L-Bow end in Ultimate	

Fair Lady works Shuttle-----does not include change ball

102	Golden Pheasant Stands on One Leg-L / R knee raise	W	L-Foot	place R elbow on raised R knee / step back with R foot when done	
103	Golden Pheasant Stands on One Leg-R / L knee raise	W	R-Foot	place L elbow on raised L knee / step back with L foot when done	
104	Repulse monkey	W	R-Back	moving backwards / lead hand turns away, toward, then up / back hand passes over	
105	Repulse monkey	W	L-Back	moving backwards	
106	Repulse monkey	W	R-Back	moving backwards	
107	Slant Flying				
108	Lift hands R	N	R-Heel	same as playing lute/mandolin but on R side	
109	Prepare for strike	N	R-Toe	shorten stance by drawing back R foot (prep for shoulder strike)	
110	Shoulder strike	N	R-Back	step out w/R foot / cover groin and upper body	
111	White crane spreads wings	W	L-Toe	R hand in front of forehead @ 45° in / L hand low @ hip	
112	Left Brush knee	W	L-Bow	L thumb brushes knee / R hand pushes @ 45°	
113	Needle at bottom of Sea	W	L-short	R hand circles down-back-over top / lean forward toward floor	
114	Fan through the Back	W	L-Bow	Double open hand block @ 45° facing NW	
115	Turn & Chop w/Fist	E	R-Bow		
116	Fist in open hand	Deflect, Intercept , Punch	E	R hand in L palm while shifting weight back to R foot / L foot point out	
117	Bang the gong		E	R-Bow	step forward R back fist
118	Step and punch		E	L-Bow	step forward L foot / R vertical punch L hand blocking center vertical
119	Double ward off		E	R-Bow	
120	Grasp sparrows tail	E	R-Bow		
121	Single whip	W	L-Bow		
122	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match	
123	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match	
124	Cloud hands	N	Ultimate	hands do both sides / half step out to L then R to match	
125	Single whip	W	L-Bow		
126	High Pat on Horse	W	L-Back	step up w/R foot	
127	White Snake sticks out tongue	W	L-Bow	step out w/L foot / L hand palm up spear hand	
128	Turn & Cross Legs	E		open curtain / R heel kick	
129	Brush Knee	E	R-Bow		
130	Low Punch	E	L-Bow		
131	Double ward off	E	R-Bow		
132	Grasp sparrows tail	E	R-Bow		
133	Single whip	W	L-Bow		
134	Snake creeps down	W			
135	Step forward to Seven Stars	W	R-Toe	X block	
136	Retreat and ride Tiger / (White stork spreads wings)	W	L-Toe	step back w/R foot / R hand vertical slightly forward	
137	Pivot 360° to R	W			
138	Inside/outside kick--Lotus	W	R-Toe	w/R foot	
139	Shoot Tiger with Bow	NW	R-Bow	High/middle double punch R hand high body & hands to west	
140	Fist in open hand	Deflect, Intercept , Punch	W	R-Bow	draw back / R fist in L hand
141	Bang the gong		W	L-Bow	
142	Punch		W	R-Bow	
143	Two handed push		W	L-Bow	start w/wipe-off / withdraw / push
144	Great knee bend	N	Ultimate		
145	Reverse arms	N	Ultimate		
146	Starting position	N	Ultimate		