

Yang Tai Chi Chuan – Long Form (108)

FIRST SECTION:

1. Preparation (Wu Chi)
2. Beginning
3. Ward-off, left
4. Grasp the Bird's tail (Ward-off, right – Roll Back – Press – Push)
5. Single whip
6. Step Forward and Raise Hands
7. White Crane Spreads Wings
8. Left Brush Knee and Push
9. Hand Strums the Lute
10. Left Brush Knee and Push 1
11. Right Brush Knee and Push 2
12. Left Brush Knee and Push 3
13. Hand Strums the Lute
14. Left Brush Knee and Push
15. Twist, Deflect, Step, Parry and Punch
16. Apparent Close Up, Push
17. Cross Hands

SECOND SECTION:

1. Embrace the Tiger and Return to Mountain (Carry Tiger to Mountain)
2. Grasp the Sparrow's Tail (Ward-off, right – Roll Back – Press – Push)
3. Fist Under Elbow
4. Step Back and Repulse the Monkey 1 (right 'T')
5. Step Back and Repulse the Monkey 2 (left 'T')
6. Step Back and Repulse the Monkey 3 (right 'T')
7. Diagonal Flying
8. Step Forward and Raise Hands
9. White Crane Spreads Wings
10. Left Brush Knee and Push
11. Step up – Needle at Sea Bottom
12. Fan Through the Back
13. Turn Body and Chop with Fist
14. Twist, Deflect, Step, Parry and Punch
15. Step Forward and Grasp the Bird's Tail
(Ward-off, right – Roll Back – Press – Push)
16. Single whip

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17. Cloud Hands 1; step to left
18. Cloud Hands 2
19. Cloud Hands 3
20. Single whip
21. High Pat on Horse
22. Right Separation Kick (point toe)
23. Left Separation Kick (point toe)
24. Turn Body (spin ccw 180) and Left Heel Kick
25. Left Brush Knee and Push
26. Right Brush Knee and Push
27. Step Forward and Punch Down
28. Turn Body and Chop with Fist
29. Twist, Deflect, Step, Parry and Punch
30. Right Heel Kick
31. Left Strike Tiger
32. Right Strike Tiger
33. Turn Body and Right Heel Kick > right knee
34. Twin Fists Strike Ears
35. Left Heel Kick
36. Turn Body (spin cw 360) and Right Heel Kick
37. Twist, Deflect, Step, Parry and Punch
38. Apparent Close Up
39. Cross Hands

THIRD SECTION:

1. Embrace the Tiger and Return to Mountain (Carry Tiger to Mountain)
2. Grasp the Sparrow's Tail (Ward-off, right – Roll Back – Press – Push)
3. Diagonal Single Whip
4. Parting Wild Horse's Mane, Right lead
5. Parting Wild Horse's Mane, Left lead
6. Parting Wild Horse's Mane, Right lead
7. Ward-off, left
8. Grasp the Bird's tail (Ward-off, right – Roll Back – Press – Push)
9. Single Whip
10. Fair Lady Works at Shuttles (4 Corners)
11. Ward-off, left
12. Grasp the Bird's tail (Ward-off, right – Roll Back – Press – Push)
13. Single Whip

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14. Cloud Hands 1
15. Cloud Hands 2
16. Cloud Hands 3
17. Single Whip
18. Snake Creeps Down
19. Golden Rooster Stands on One Leg (left is base)
20. Golden Rooster Stands on One Leg (right is base)
21. Step Back and Repulse the Monkey 1 (right 'T')
22. Step Back and Repulse the Monkey 2 (left 'T')
23. Step Back and Repulse the Monkey 3 (right 'T')
24. Diagonal Flying
25. Raise Hands and Step Forward
26. White Crane Spreads its Wings
27. Left Brush Knee and Push
28. Step up – Needle at Sea Bottom
29. Fan Through the Back
30. Turn Body and White Snake Spits out Tongue
31. Twist, Deflect, Step, Parry and Punch
32. Step Forward and Grasp the Bird's tail
33. Single Whip
34. Cloud Hands 1
35. Cloud Hands 2
36. Cloud Hands 3
37. Single Whip
38. High Pat on Horse with Palm Thrust (inverted spear hand)
39. Turn and Kick with Heel
40. Step Forward and Punch Groin
41. Step Forward and Grasp the Bird's tail
42. Single Whip
43. Snake Creeps Down
44. Step Forward Seven Stars
45. Step back and Ride the Tiger
46. Turn Body and Swing Over Lotus Kick
47. Bend the Bow and Shoot the Tiger
48. Twist, Deflect, Step, Parry and Punch
49. Apparent Close Up
50. Cross Hands
51. Closing
52. Return to Wu Chi

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