T’ai-Chi Ch’uan Long Form

1. Preparation.
2. Beginning.
3. Ward off with Left Hand.
5. Roll Back.
6. Press.
7. Push.
9. Lift Hands.
10. Lean Forward.
11. The Crane Spreads its Wings.
15. Brush Knee Twist Step (R).
16. Brush Knee Twist Step (L).
18. Brush Knee Twist Step (L).
19. Chop with Fist.
22. Crossing Hands.
23. Embrace the Tiger to Return to the Mountain.
24–27. Same as 5–8, oriented diagonally.
28. Looking at the Fist Under the Elbow.
29. Step Back to Repulse the Monkey.
30. Repeat 29 (L, R, L, R, respectively).
31. Diagonal Flying.
32. Raise hands
33. White Crane Spreads Wings
34. Brush Knee
35. Needle at Sea Bottom
36. Fan Through Back
37. Turn and Chop with Fist
38. Step Forward, Deflect Downward, Intercept, and Punch.
40. Single Whip
41. Cloud Hands (3 X)
42. Single Whip
43. High Pat on Horse
44. Separate Right Foot.
45. Separate Left Foot.
46. Turn and Strike with Heel.
47. Brush Knee L, and R.
48. Step Forward and Strike Downward.
49. Turn and Chop with Fist
50. Step Forward, Deflect Downward, Intercept, and Punch.
51. Right Foot Kicks Upward
52. Hit a Tiger at Left
53. Hit a Tiger at Right
54. Right Foot Kicks Upward
59. Strike Both Ears with Fists
60. Left Foot Kicks Upward
61. Turn and Strike with Heel.
62. Chop with Fist.
63. Step Forward, Deflect Downward, Intercept, and Punch.
64. Withdraw and Push.
65. Crossing Hands.
66. Embrace the Tiger to Return to the Mountain.
68. Horizontal Single Whip
69. Part Horse’s Mane (R)
70. Part Horse’s Mane (L)
71. Part Horse’s Mane (R)
72. Ward Off L
73. Step, Ward Off, Roll Back, Press, and Push
74. Single Whip
75–78. The Fairy Weaving at the Shuttle (Four Corners).
79. Ward Off L
81. Single Whip
82. Cloud Hands
83. Single Whip
84. Downward Single Whip.
85. Golden Cock Stands on One Leg (R)
86. Golden Cock Stands on One Leg (L)
87–91. Step Back to Repulse the Monkey. (R, L, R, L, R)
92. Diagonal Flying
93. Raise hands
94. White Crane Spreads Wings
95. Brush Knee
96. Needle at Sea Bottom
97. Fan Through Back
98. Turn and White Snake Puts out Tongue
100. Step, Ward Off, Roll Back, Press, and Push
101. Single Whip
102. Cloud Hands (3 X)
103. Single Whip
104. High Pat on Horse
105. Cross Hands
106. Turn and Cross Legs
107. Brush Knee and Punch Down
109. Single Whip
111. Step Forward to the Seven Stars of the Big Dipper.
112. Step Back to Ride the Tiger.
113. Turn the Body to Sweep the Lotus.
114. Bend the Bow to Shoot the Tiger.
115. Chop with Fist.
117. Step, Ward Off, Roll Back, Press, and Push
117. Close Up