

# T'ai-Chi Ch'uan Long Form

1. Preparation.
2. Beginning.
3. Ward off with Left Hand.
4. Ward off with Right Hand.
5. Roll Back.
6. Press.
7. Push.
8. Single Whip.
9. Lift Hands.
10. Lean Forward.
11. The Crane Spreads its Wings.
12. Brush Knee Twist Step (L).
13. Hands Playing the P'i Pa.
14. Brush Knee Twist Step (L).
15. Brush Knee Twist Step (R).
16. Brush Knee Twist Step (L).
17. Hands Playing the P'i Pa.
18. Brush Knee Twist Step (L).
19. Chop with Fist.
20. Step Forward, Deflect Downward, Intercept, and Punch.
21. Withdraw and Push.
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.
33. Repeat 29 (L, R, L, R, respectively).
34. Diagonal Flying.
35. Raise hands
36. White Crane Spreads Wings
37. Brush Knee
38. Needle at Sea Bottom
39. Fan Through Back
40. Turn and Chop with Fist
41. Step Forward, Deflect Downward, Intercept, and Punch.
42. Step, Ward Off, Roll Back, Press, and Push
43. Single Whip
44. Cloud Hands (3 X)
45. Single Whip
46. High Pat on Horse
47. Separate Right Foot.
48. Separate Left Foot.
49. Turn and Strike with Heel.
51. Brush Knee L, and R.
52. Step Forward and Strike Downward.
53. Turn and Chop with Fist
54. Step Forward, Deflect Downward, Intercept, and Punch.
55. Right Foot Kicks Upward
56. Hit a Tiger at Left
57. Hit a Tiger at Right
58. 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.
67. Step, Ward Off, Roll Back, Press, and Push
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
80. Step, Ward Off, Roll Back, Press, and Push
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
99. Step Forward, Deflect Downward, Intercept, and Punch.
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
108. Step, Ward Off, Roll Back, Press, and Push
109. Single Whip
110. Downward 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.
116. Step Forward, Deflect Downward, Intercept, and Punch.
117. Step, Ward Off, Roll Back, Press, and Push
117. Close Up