

**Yang Style of T'ai Chi Ch'uan**  
**Long Form, 108 Movements, First Section**

#	Direction Facing	Name of Movement	Description, Comments
1,	N 12	<b>Preparation</b>	Standing <i>Wu Chi</i> , Pause, Compose oneself, Head up, Arms at sides, Feet together, Stay relaxed and loose ( <i>Sung</i> )
2.	N 12	<b>Step Out, Raise and Lower Hands</b>	Step to the left side, 50R/50L, Stand tall, Raise and lower the arms, Sink, Bend knees, <i>Sung</i> -Relax
3.	N 12	<b>Ward-Off Left</b>	Block with R forearm, Step to the left side, L arm Ward-off ( <i>Peng</i> ) to the left side with L forearm, R hand at hip, 30R/70L legs.
4.	E 3	<b>Grasping the Sparrow's Tail</b>	Step to the right side, Face E3, Ward-off ( <i>Peng</i> ) to the right side, Double <i>Peng</i> with both hands, hands at chest level, 70R/30L. Roll-back ( <i>Lu</i> ), 40R/60L Press ( <i>Ji</i> ), L fingers on R forearm, 70R/30L. Push ( <i>An</i> ), 70R/30L
5.	W 9	<b>Single Whip</b>	Circle Arms 180° to L then back to R, beak R fist, Turn L palm out, Press L palm to W9 chest high, 30R/70L, R arm to NE1.5
6.	N 12	<b>Raise Hands, Shoulder Stroke</b>	Lift hands, R hand high, R heel, 30R/70L. Step with R foot to N12, Shoulder stroke ( <i>Kao</i> ), L palm to R bicep, 70R/30L, Lean shoulder to N12
7.	W 9	<b>White Crane Spreads Its Wings</b>	95R/5L, Face W9, Right hand up high, L hand at hip, L foot forward with toe down
8.	W 9	<b>Brush Left Knee, Right Palm Strike</b>	Raise R hand to head, Step L leg, Brush L knee, R palm strike to W9, 30R/70L
9.	W 9	<b>Play the Pi Pa (Guitar, Lute)</b>	Half step R foot, 90R/10L, L heel down, L fingers at face level, R fingers at waist level, fingers up.
10.	W 9	<b>Brush Left Knee, Right Palm Strike</b>	Raise R hand to head, Step L leg, Brush L knee, R palm strike to W9, 30R/70L
11.	W 9	<b>Brush Right Knee, Left Palm Strike</b>	Raise L hand to head, Pivot on L heel, Step R leg, Brush R Knee, Palm strike with L hand, 70R/30L
12.	W 9	<b>Brush Left Knee, Right Palm Strike</b>	#8
13.	W 9	<b>Play the Pi Pa</b>	#9
14.	W 9	<b>Brush Left Knee, Right Palm Strike</b>	#8
15.	W 9	<b>Step Forward, Deflect, Parry, Punch</b>	Turn left, torso S6, Pivot-Twist on L heel, 60R/40L Step forward with R leg, Block-Intercept with R forearm Intercept-block with L hand, Twist R foot, Sink, Move R fist to R hip, 70R/30L Step forward with L foot to W9, Punch with R fist forward – chest high, L hand to R forearm, 30R/70L
16.	W 9	<b>Apparent Withdraw, Push</b>	Pull arms in, shift weight back and down, cross block hands in and out, Push up and out with both palms to W9, 30R/70L
17.	N 12	<b>Cross Hands</b>	Hands circle down and up, turn right in horse stance, cross hands at chest with R in front, 50R/50L, Face N12