

Yang Style of T'ai Chi Ch'uan
Long Form, 108 Movements, Second Section, Part I

#	Direction Facing	Name of Movement	Comments
18.	SE 4	Embrace the Tiger, Return to the Mountain	Move arms NE to NW then pivot to SE, Brush R knee L palm strike, R hand at waist, 70R/30L
19.	SE 4	Grasping the Sparrow's Tail	Roll Back, 40R/60L, #4 Press, 70R/30L, #4 Push, 70R/30L, #4
20.	W 9	Fist Under Elbow	Circle arms 180° to NW then back, Twist L foot, Short step L foot twist, Step wide R leg to N, Turn W, Step W with L heel, 80R/20L, L hand high, R fist under L elbow
21.	W 9	Step Back, Repulse Monkey – Right	Face W, Move back E, Step back L leg, R palm forward, 20R/80L
22.	W 9	Step Back, Repulse Monkey – Left	Face W, Move back E, Step back R leg, L palm forward, 80R/20L
23.	W 9	Step Back, Repulse Monkey – Right	#21
24.	NE 1	Diagonal Slant Flying	Step to NE with R foot, R hand high palm up, L hand back and low, 70R/30L
25.	N 12	Raise Hands, Shoulder Stroke	Lift Hands, 30R/70L, R hand high, Step R foot, #6 Shoulder stroke (Kao), L palm at R shoulder, 70R/30L, #6, Shoulder to N12
26.	W 9	White Crane Spreads Its Wings	90R/10L, Face W, R hand up high, #7
27.	W 9	Brush Left Knee, Right Palm Strike	Step L leg, Brush L knee, Palm strike R hand, #8
28.	W 9	Needle at Sea Bottom	90R/10L, L toe stance, R hand down, L hand at chest
29.	N 12	Fan Through the Back	30R/70L, L hand forward from shoulder, R back at face
30.	E 3	Turn, Chop with Fist	Turn R 90°, Chop down with R fist, R fist to waist, L palm strike, 70R/30L
31.	E 3	Step Forward, Parry and Punch	#15
32.	NE 1	Ward-Off Left	Step forward L leg, Ward-off L side, 30R/70L, #4
33.	E 3	Grasping the Sparrow's Tail	#4: Roll back, Press, Push
34.	W 9	Single Whip	Circle hands R to L then back, Step L leg, R hand claw L Palm strike, 30R/70L, #5
35.	N 12	Wave Hands Like Clouds	Wide spread hands R high, Step W with R foot, Move hands L to R with R hand high, Step W Reverse hands move R to L, Step W Reverse hands move L to R, Step W Reverse hands move R to L; Palms face body,
36.	W 9	Single Whip	Hands L to R circle, beak R hand, L Palm strike, #5
37.	W 9	High Pat on Horse	Set L toe stance, 90R/10L, R hand at face palm down, R hand at waist palm up