

Tai Chi Chuan

Yang Style 108 Form

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Tai Chi Chuan

Yang Long Form 108

Yùbèi :: Preparation Form :: Wu Chi Position

Part 1

1.	Qǐshì	Beginning	Horse stance (mǎ bu)
2.	Péng zuǒ	Ward Off Left	
3.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
4.	Dān biān	Single Whip	
5.	Tí shǒu yòu kào	Lifting Hands, Step Forward, Shoulder Strike	
6.	Bái hè liàng chì	White Crane Spreads its Wings	
7.	Zuǒ lǒu xī ǎo bù	Left Brush Knee and Push	
8.	Shǒu huī pípá	Play Pi Pa (Strum the Lute)	
9.	Zuǒ lǒu xī ǎo bù	Left Brush Knee and Push	
10.	Yòu lǒu xī ǎo bù	Right Brush Knee and Push	
11.	Zuǒ lǒu xī ǎo bù	Left Brush Knee and Push	
12.	Shǒu huī pípá	Play Pi Pa (Strum the Lute)	
13.	Zuǒ lǒu xī ǎo bù	Left Brush Knee and Push	
14.	Jìn bù bān lán chuī	Step, Deflect, Intercept, Punch	
15.	Rú fēng shì bì / dào zhuǎn	Push, Turn, Apparent Close	Àn (Ang)– Push
16.	Shí zì shǒu	Cross Hands	

Part 2

17.	Bào hǔ guī shān	Embrace the Tiger and Return to Mountain	
18.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
19.	Dān biān	Single Whip (Diagonal)	
20.	Zhǒu dī chuí	Fist Under Elbow	
21.	Zuǒ dào niǎn hóu	Step Back and Repulse the Monkey, Left	
22.	Yòu dào niǎn hóu	Step Back and Repulse the Monkey, Right	
23.	Zuǒ dào niǎn hóu	Step Back and Repulse the Monkey, Left	
24.	Xié fēi shì	Slant Flying (Diagonal Flying)	
25.	Tí shǒu yòu kào	Lifting Hands, Step Forward, Shoulder Strike	
26.	Bái hè liàng chì	White Crane Spreads its Wings	
27.	Zuǒ lǒu xī ǎo bù	Left Brush Knee and Push	
28.	Hǎi dī zhēn	Needle at Sea Bottom	
29.	Shàn tōng bèi	Fan Through the Back	
30.	Zhuǎn shēn piē shēn chuí	Turn Body and Chop with Fist	
31.	Jìn bù bān lán chuí	Step, Deflect, Intercept, Punch	
32.	Péng zuǒ	Ward Off Left (Diagonal)	
33.	Lán què wěi	Grasp the Bird's Tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
34.	Dān biān	Single Whip	
35.	Yún shǒu	Cloud Hands (x3)	
36.	Dān biān	Single Whip	
37.	Gāo tàn mǎ	High Pat the Horse	
38.	Yòu fēn jiǎo	Right Separation Kick	
39.	Zuǒ fēn jiǎo	Left Separation Kick	
40.	Zhuǎn shēn zuǒ dēng jiǎo	Turn Body and Left Heel Kick	
41.	Zuǒ lǒu xī ǎo bù	Left Brush Knee and Push	
42.	Yòu lǒu xī ǎo bù	Right Brush Knee and Push	
43.	Jìn bù zāi chuí	Step Forward & Planting Punch	
44.	Zhuǎn shēn lǚ	Turn Body, Deflect, Intercept, Roll Back	
45.	Piē shēn chuí lǚ	Chop with Fist, Spear & Chop, Roll Back	
46.	Jìn bù bān lán chuí	Step, Deflect, Intercept, Punch	
47.	Yòu dēng jiǎo	Right Heel Kick	
48.	Zuǒ dǎ hǔ shì	Left Strike Tiger	
49.	Yòu dǎ hǔ shì	Right Strike Tiger	
50.	Huí shēn yòu dēng jiǎo	Turn Body and Right Heel Kick	
51.	Shuāng fēng guàn ěr	Knee Smash & Twin Fists Strike Ears	
52.	Zuǒ dēng jiǎo	Left Heel Kick	
53.	Zhuǎn shēn yòu dēng jiǎo	Turn Body and Right Heel Kick	
54.	Jìn bù bān lán chuí	Step, Deflect, Intercept, Punch	
55.	Rú fēng shì bì / dào zhuǎn	Push, Turn, Apparent Close	Àn (Ang)– Push
56.	Shí zì shǒu	Cross Hands	

Part 3

57.	Bào hǔ guī shān	Embrace the Tiger and Return to Mountain	
58.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
59.	Xié dān biān	Single Whip (Diagonal)	
60.	Yòu yě mǎ fēn zōng	Parting Wild Horse's Mane, Right	
61.	Zuǒ yě mǎ fēn zōng	Parting Wild Horse's Mane, Left	
62.	Yòu yě mǎ fēn zōng	Parting Wild Horse's Mane, Right	
63.	Péng zuǒ	Ward Off Left	
64.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
65.	Dān biān	Single Whip	
66.	Zuǒ yù nǚ chuān suō	Fair Lady Works at Shuttles (Left)	
67.	Yòu yù nǚ chuān suō	Fair Lady Works at Shuttles (Right)	
68.	Zuǒ yù nǚ chuān suō	Fair Lady Works at Shuttles (Left)	
69.	Yòu yù nǚ chuān suō	Fair Lady Works at Shuttles (Right)	
70.	Péng zuǒ	Ward Off Left	
71.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
72.	Dān biān	Single Whip	
73.	Yún shǒu	Cloud Hands (x3)	
74.	Dān biān	Single Whip	
75.	Xià shì	Snake Creeps Down	
76.	Zuǒ jīn jī dú lì	Golden Pheasant on One Leg, Left	
77.	Yòu jīn jī dú lì	Golden Pheasant on One Leg, Right	
78.	Zuǒ dào niǎn hóu	Step Back and Repulse the Monkey, Left	
79.	Yòu dào niǎn hóu	Step Back and Repulse the Monkey, Right	
80.	Zuǒ dào niǎn hóu	Step Back and Repulse the Monkey, Left	
81.	Xié fēi shì	Slant Flying (Diagonal Flying)	
82.	Tí shǒu shàng shì	Lifting Hands and Shoulder Strike	
83.	Bái hè liàng chì	White Crane Spreads its Wings	
84.	Zuǒ lǒu xī āo bù	Left Brush Knee and Push	
85.	Hǎi dī zhēn	Needle at Sea Bottom	
86.	Shàn tōng bèi	Fan Through the Back	
87.	Zhuǎn shēn bái shé tǔ xìn	Turn Body and White Snake Spits out Tongue	
88.	Jìn bù bān lán chuí	Step, Deflect, Intercept, Punch	

89.	Péng zuǒ	Ward Off Left (Diagonal)	
90.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
91.	Dān biān	Single Whip	
92.	Yún shǒu	Cloud Hands (x3)	
93.	Dān biān	Single Whip	
94.	Gāo tàn mǎ	High Pat On Horse	
95.	Chuān zhǎng	Penetrating Palm	
96.	Shí zì tuǐ	Spin & Cross Kick	
97.	Jìn bù zhǐ dāng chuǐ	Step Forward and Punch Groin	
98.	Péng zuǒ	Ward Off Left (Diagonal)	
99.	Lán què wěi	Grasp the Bird's tail	Péng yòu - Ward Off Right Lǚ (Liu) – Roll Back Jǐ – Press Àn (Ang)– Push
100.	Dān biān	Single Whip	
101.	Xià shì	Snake Creeps Down	
102.	Shàng bù qī xīng	Step Forward Seven Stars	
103.	Tuì bù kuà hǔ	Step back and Ride the Tiger	
104.	Zhuǎn shēn bǎi lián	Turn Body and Swing Over Lotus	
105.	Wān gōng shè hǔ	Bend the Bow and Shoot the Tiger	
106.	Jìn bù bān lán chuǐ	Step, Deflect, Intercept, Punch	
107.	Rú fēng shì bì / dào zhuǎn	Push, Turn, Apparent Close	Àn (Ang)– Push
108.	Shí zì shǒu	Cross Hands	

Shōu shì huán yuán :: Complete Form :: Wu Chi Position