

Yang-style Tai Chi
The 108-movement Form

First half:

1. Beginning of Tai Chi
2. Ward-off left
3. Ward-off right
4. Roll-Back
5. Press
6. Push
7. Single Whip
8. (turn to front) Raise Hands (block)
9. White Stork spreads wings
10. Brush knee
11. Playing guitar (fiddle)
12. Brush knee and twist step, left
13. Brush knee and twist step, right
14. Brush knee
15. Playing guitar (fiddle)
16. Brush knee and twist step, left
17. Fist in palm, step, deflect downward (chop), step & punch
18. Withdraw and push
19. Cross Hands
20. Embrace tiger return to the mountain
21. Grasp sparrow's tail (press & push)
22. Diagonal single whip (to corner)
23. Fist under elbow
24. Step back to repulse monkey, left
25. Step back to repulse monkey, right
26. Step back to repulse monkey, left
27. Step back, turn, Slanting Flying
28. Raise hands (block)
29. White Stork Spreads Wings
30. Brush knee
31. Needle at sea bottom
32. Fan through the back, turn & chop
33. Fist in palm, step, deflect downward (chop), step & punch
34. Twist step left, grasp sparrow's tail, right
35. Single whip
36. Waving hands like clouds (3 times)
37. Single whip
38. High pat on horse
39. Separate right foot (toe kick)
40. Separate left foot (toe kick)
41. Turn around and kick with left sole
42. Brush knee and twist step, left
43. Brush knee and twist step, right
44. Step up and punch downward
45. Fan through back, turn & chop
46. Fist in palm, step, deflect downward (chop), step & punch
47. Twist step, left, Kick right foot
48. Hit tiger in left
49. Hit tiger in right
50. Kick right foot
51. Strike both ears with fists
52. Kick left foot
53. Turn around and kick with right sole
54. Fist in palm, step, deflect downward (chop), step & punch
55. Withdraw and push
56. Cross Hands



Yang-style Tai Chi
The 108-movement Form

Second half:



57. Embrace Tiger return to mountain
58. Brush knee, right
59. Grasp Sparrow's tail - Press & Push
60. Single Whip (to front)
61. Partition of Wild Horse's Mane, right
62. Partition of Wild Horse's Mane, left
63. Partition of Wild Horse's Mane, right
64. Grasp sparrow's tail: Ward off, left
 Ward off, right
 Roll back, Press & Push
65. Single Whip
66. Cross Hands (facing front)
67. Fair Lady works at shuttles, left
68. Fair Lady works at shuttles, right
69. Fair Lady works at shuttles, left
70. Fair Lady works at shuttles, right
71. Grasp sparrow's tail: Ward off, left
 Ward off, right
 Roll back, Press & Push
72. Single Whip
73. Wave hands like clouds (5 times)
74. Single Whip
75. Snake creeps down
76. Golden Pheasant stands with one leg (right knee up)
77. Golden Pheasant stands with one leg (left knee up)
78. Step back to repulse monkey, left
79. Step back to repulse monkey, right
80. Step back to repulse monkey, left
81. Step back to Slanting Flying
82. Lift Hands
83. White Stork spreads wings
84. Brush Knee
85. Needle at sea bottom
86. Fan through back
87. White snake sticks out tongue
88. Present Flowers
89. Fist in Palm, step, deflect downward (chop), step & punch
90. Twist step left, Grasp Sparrow's tail: Ward-off,
 Roll back, Press & Push
91. Single Whip
92. Waving Hands like Clouds (x 3)
93. Single Whip
94. High pat on horse
95. Bamboo Hand Strikes
96. Turn around and kick with right sole
97. Step, punch low
98. Twist step left, Grasp Sparrow's tail, right Ward off,
 Pull, Press & Push
99. Single Whip
100. Snake creeps down
101. Step up to form seven stars of the dipper
102. Step back to ride tiger
103. Step to diagonal block, left
104. Turn around and sweep Lotus with one leg
105. Shoot Tiger with bow
106. Fist in palm, step, deflect downward (chop), step and punch
107. Withdraw and push
108. Conclusion of Tai Chi