



UPPER OTTAWA VALLEY TAI CHI CLUB



TAI CHI CHUAN YANG STYLE LONG FORM

Section 1

1. Commencement
2. Ward off Left (Grasp the Sparrow's Tail)
3. Ward off Right
4. Roll Back
5. Press
6. Push
7. Single Whip
8. Raise Hands, Shoulder Strike
9. White Crane Spreads Wings
10. Brush Knee and Push with Right
11. Play the Fiddle
12. Brush Knee and Push with Right
13. Brush Knee and Push with Left
14. Brush Knee and Push with Right
15. Play the Fiddle
16. Brush Knee and Push with Right
17. Chop with Fist
18. Step, Parry, and Punch
19. Withdraw and Push
20. Cross Hands

Section 2

21. Embrace Tiger Return to Mountain
22. Grasp the Sparrow's Tail
23. Diagonal Single Whip
24. Fist Under Elbow
25. Repulse Monkeys x 3
26. Flying on a Slant
27. Raise Hands
28. White Crane Spreads wings
29. Brush Knee and Push with Right
30. Needle at Sea Bottom
31. Fan through Back
32. Turn Around and Chop
33. Chop with Fist
34. Step, Parry, Punch

35. Step forward, Grasp the Sparrow's Tail
36. Single Whip
37. Wave Hands Like Clouds x 3
38. Single Whip
39. Pat the Horse High on the Mane
40. Separate, Kick with Right Sole
41. Separate, Kick with Left Sole
42. Turn Around and Kick with Left Sole
43. Brush Knee and Push with Right
44. Brush Knee and Push with Left
45. Step Up and Punch Downward
46. Turn Around and Chop
47. Chop with Fist
48. Step Forward, Parry, and Punch
49. Kick with Right Sole
50. Strike Tiger on the Left
51. Strike Tiger on the Right
52. Kick with Right Foot
53. Strike Opponent's Ears with Fists
54. Kick with Left Foot
55. Turn Around and Kick with Right Sole
56. Chop with Fists
57. Step, Parry, and Punch
58. Withdraw and Push
59. Cross Hands



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Section 3

60. Embrace Tiger Return to Mountain
61. Grasp the Sparrow's Tail
62. Diagonal Single Whip
63. Part the Wild Horse's Mane with Right
64. Part the Wild Horse's Mane with Left
65. Part the Wild Horse's Mane with Right
66. Grasp the Sparrow's Tail
67. Single Whip
68. Fair Maiden Works the Shuttles
69. Fair Maiden Works the Shuttles
70. Fair Maiden Works the Shuttles
71. Fair Maiden Works the Shuttles
72. Grasp the Sparrow's Tail
73. Single Whip
74. Wave Hands Like Clouds x 3
75. Single Whip
76. Snake Creeps Low
77. Golden Pheasant stands on Left Leg
78. Golden Pheasant stands on Right Leg
79. Repulse Monkeys x 3
80. Flying on a Slant
81. Raise Hands
82. White Crane Spreads Wings
83. Brush Knee Push with Right
84. Needle at Sea Bottom
85. Fan through Back
86. White Snake Sticks Out Tongue
87. Chop with Fist
88. Step, Parry, and Punch
89. Step Forward, Grasp the Sparrow's Tail
90. Single Whip
91. Wave Hands Like Clouds x 3
92. Single Whip
93. Pat the Horse High on the Mane
94. Bamboo Hand
95. Turn Around and Kick with Right Sole
96. Deflect Downward
97. Brush Knee and Punch Opponents Groin
98. Step Forward, Grasp the Sparrow's Tail
99. Single Whip
100. Snake Creeps Low
101. Step Up to Form seven Stars
102. Step Back to Ride the Tiger
103. Turn Around and sweep the Lotus
104. Pull the Bow to Shoot the Tiger
105. Chop with Fist
106. Step, Parry, and Punch
107. Withdraw and Push
108. Cross Hands, Close Tai Chi