

Yang Style Long Form

A	opening <i>grasp & whip</i>	I. preparation posture • beginning form • ward off <i>grasp the bird's tail • single whip</i>
	play lutes <i>parry, seal, & cross</i>	lift arms • turn left & step right (shoulder) • white crane spreads its wings • brush knee (left) • play the lute • brush knee (left, right, left) • play the lute • brush knee (left)
	giant roc	II. embrace tiger & return to mountain • diagonal grasp the bird's tail • giant roc spreads its wings • fist under elbow
		<i>step, deflect, parry, & punch • seal tightly • cross hands</i>
B	repulse monkeys	repulse monkey (left, right, left) • diagonal flying • lift arms • turn left & step right (shoulder) • white crane spreads its wings • brush knee (left) • needle at sea bottom • flash arms • turn right & throw fist • step, deflect, parry, & punch
	<i>grasp & whip</i> high pat	<i>grasp the bird's tail • single whip</i> wave hands like clouds • single whip • III. high pat on horse
C	kicks <i>parry, seal, & cross</i>	separation kick (right, left) • turn left & heel kick (left) • brush knee (left, right) • step forward & punch downward • turn right & throw fist • step, deflect, parry, & punch • heel kick (right) • compete with tiger (left, right) • heel kick (right) • adjust right & box ears • heel kick (left) • turn right & heel kick (right) <i>step, deflect, parry, & punch • seal tightly • cross hands</i>
	part manes	IV. embrace tiger & return to mountain • diagonal grasp the bird's tail • diagonal single whip • part wild horse's mane (right, left, right) • ward off
	<i>grasp & whip</i> shuttles	<i>grasp the bird's tail • single whip</i> work at shuttles (left, right, left, right) • ward off
	<i>grasp & whip</i> roosters	<i>grasp the bird's tail • single whip</i> wave hands like clouds • single whip • V. snake creeps down • golden rooster stands on one leg (left leg, right leg)
D	repulse monkeys	repulse monkey (left, right, left) • diagonal flying • lift arms • turn left & step right (shoulder) • white crane spreads its wings • brush knee (left) • needle at sea bottom • flash arms • turn right & throw fist with snake's tongue • step, deflect, parry, & punch
	<i>grasp & whip</i> high pat	<i>grasp the bird's tail • single whip</i> wave hands like clouds • single whip • VI. high pat on horse
E	white snake <i>grasp & whip</i>	white snake shoots tongue out • turn right & heel kick (right) • step forward, brush left, & punch groin <i>grasp the bird's tail • single whip</i>
	seven stars <i>parry, seal, & cross</i>	snake creeps down • step up & form seven stars fists • step back & ride tiger • turn right & sweep lotus • shoot tiger with bow <i>step, deflect, parry, & punch • seal tightly • cross hands</i>
	closing	conclusion of grand tai chi • closing form