

Tai Chi Chuan Long Form

1st Sect.

1.	Tai Chi Che Shih	Tai Chi Beginning
2.	Lan Chiao Wei Peng	Grasp Sparrows Tail – ward off
3.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
4.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
5.	Lan Chiao Wei An	Grasp Sparrows Tail – push
6.	Tan Pien	Single Whip
7.	Ti Shou Shang Shih	Raise Hands and Step Up
8.	Pai Hao Leung Che	Stork Spreads Wings
9.	Tso Lou Hsih Au Pu	Brush Knee And Twist Step – Left
10.	Shou Hui Pe Par	Hold Guitar
11.	Tso Lou Hsih Au Pu	Brush Knee And Twist Step – Left
12.	Yu Lou Hsih Au Pu	Brush Knee And Twist Step – Right
13.	Tso Lou Hsih Au Pu	Brush Knee And Twist Step – Left
14.	Shou Hui Pe Par	Hold Guitar
15.	Tso Lou Hsih Au Pu	Brush Knee And Twist Step – Left
16.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch, Right
17.	Yue Fung Shih Pi	Apparent Closure And Push
18.	Shih Tzu Shou	Cross Hands

2nd Sect.

19.	Pao Hu Kwi Shan	Carry Tiger And Return To Mountain
20.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
21.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
22.	Lan Chiao Wei An	Grasp Sparrows Tail – push
23.	Cho Te Chui	Fist Under Elbow
24.	Tso Tao Nien Hou	Step Back and Repulse Monkey – Left (2)
25.	Tso Tao Nien Hou	Step Back and Repulse Monkey – Right (1)
26.	Hsia Fei Shih	Slanted Flying
27.	Ti Shou Shang Shih	Raise Hands and Step Up
28.	Pai Hao Leung Che	Stork Spreads Wings
29.	Tso Lou Hsih Au Pu	Brush Knee And Twist Step – Left

30.	Hai Te Chen	Needle At Sea Bottom
31.	Shan Tung Pei	Fan Through the Back
32.	Chuan Shen Pe Shen Chui	Turn, Parry And Punch
33.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch Downward, Thigh Level
34.	Shang Pu Lan Chiao Wei Lu	Step Forward Grasp Sparrows Tail – rollback
35.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
36.	Lan Chiao Wei An	Grasp Sparrows Tail – push
37.	Tan Pien	Single Whip
38.	Yun Shou Yu Shih	Cloud Hand Right Style (5)
39.	Yun Shou Tso Shih	Cloud Hand Left Style (4)
40.	Tan Pien	Single Whip
41.	Kao Tan Ma	High Pat On Horse
42.	Yu Fun Chiao	Separate Right Foot
43.	Tso Fun Chiao	Separate Left Foot
44.	Chuan Shen Tso Teng Chiao	Turn And Kick With Left Heel
45.	Tso Lou Hsih Au Pi	Brush Knee And Twist Step – Left
46.	Yu Lou Hsih Au Pu	Brush Knee And Twist Step – Right
47.	Chin Pu Tsai Chui	Step Forward And Punch Downward With Fist
48.	Chuan Shen Pe Shen Chui	Turn, Parry And Punch
49.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch
50.	Yu Teng Chiao	Right Heel Kick
51.	Tso Ta Hu	Hit Tiger – left
52.	Yu Ta Hu	Hit Tiger – Right
53.	Wui Shen Yu Teng Chiao	Turn Around Right Heel Kick
54.	Shuang Fung Kum Er	Strike Opponents Ears with Both Fists
55.	Tso Teng Chiao	Left Heel Kick
56.	Chuan Shen Yu Teng Chiao	Turn and Kick with Right Heel
57.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch
58.	Yue Fung Shih Pi	Apparent Closure And Push

59.	Shih Tzu Shou	Cross Hands
3rd Sect.		
60.	Pao Hu Kwi Shan	Carry Tiger And Return To Mountain
61.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
62.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
63.	Lan Chiao Wei An	Grasp Sparrows Tail – push
64.	Hsia Tan Pien	Angled Single Whip
65.	Yeh Ma Fun Tsung Yu Shih	Parting Wild Horse’s Mane Right Style (2)
66.	Yeh Ma Fun Tsung Tso Shih	Parting Wild Horse’s Mane Left Style (1)
67.	Lan Chiao Wei Peng	Grasp Sparrows Tail – ward off
68.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
69.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
70.	Lan Chiao Wei An	Grasp Sparrows Tail – push
71.	Tan Pien	Single Whip
72.	Tso Yu Nu Chuen Shu	Left Jade Lady Works the Shuttle
73.	Yu Yu Nu Chuen Shu	Right Jade Lady Works the Shuttle
74.	Tso Yu Nu Chuen Shu	Left Jade Lady Works the Shuttle
75.	Yu Yu Nu Chuen Shu	Right Jade Lady Works the Shuttle
76.	Lan Chiao Wei Peng	Grasp Sparrows Tail – ward off
77.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
78.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
79.	Lan Chiao Wei An	Grasp Sparrows Tail – push
80.	Tan Pien	Single Whip
81.	Yun Shou Yu Shih	Cloud Hand Right Style (4) (bottom hand leads)
82.	Yun Shou Tso Shih	Cloud Hand Left Style (3)
83.	Tan Pien	Single Whip
84.	Tan Pien Hsia Shih	Single Whip Downward
85.	Yu Chin Chin Tu Li	Golden Cock Stands On One Leg – Right
86.	Tso Chin Chin Tu Li	Golden Cock Stands On One Leg – Left

87.	Tso Tao Nien Hou	Step Back And Repulse Monkey – Left (2)
88.	Yu Tao Nien Hou.	Step Back And Repulse Monkey – Right (1)
89.	Hsia Fei Shih	Slanted Flying
90.	Ti Shou Shang Shih	Raise Hands and Step Up
91.	Pai Hao Leung Che	Stork Spreads Wings
92.	Tso Lou Hsih Au Pu	Brush Knee And Twist Step – Left
93.	Hai Te Chen	Needle At Sea Bottom
94.	Shan Tung Pei	Fan Through the Back
95.	Chuan Shen Pai She Tu Hsin	Turn Around White Snake Flicks Tongue
96.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch (dan tien level)
97.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
98.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
99.	Lan Chiao Wei An	Grasp Sparrows Tail – push
100.	Tan Pien	Single Whip
101.	Yun Shou Yu Shih	Cloud Hand Right Style (3) (top hand leads)
102.	Yun Shou Tso Shih	Cloud Hand Left Style (2)
103.	Tan Pien	Single Whip
104.	Kao Tan Ma Cheun Chwang	High Pat On Horse With Spear Hand
105.	Chuan Shen Shih Tzu Yu Teng Chiao	Turn Around Cross Right Heel Kick
106.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch, Dan Tien Level
107.	Lan Chiao Wei Lu	Grasp Sparrows Tail – rollback
108.	Lan Chiao Wei Chi	Grasp Sparrows Tail – press
109.	Lan Chiao Wei An	Grasp Sparrows Tail – push
110.	Tan Pien	Single Whip
111.	Tan Pien Hsia	Single Whip Downwards
112.	Shang Pu Chi Hsing	Step Forward To Form Seven Stars
113.	Tui Pu Kua Hu	Step Back To Step Across Tiger
114.	Chuan Shen Pai Lien	Turn Body And Sweep Lotus
115.	Wan Kung She Hu	Bend Bow And Shoot Tiger

116.	Chin Pu Pan Lan Chui	Step Forward, Deflect Downward, Parry and Punch
117.	Yue Fung Shih Pi	Apparent Closure And Push
118.	Shih Tzu Shou	Cross Hands
119.	Kar Tai Chi Shih	Tai Chi Closing