

"THE LONG FORM" SEQUENCE OF MOVEMENTS IN THREE PARTS
N, E, S, W are North, East, South, and West.

PART I

1. Preparatory Period (N)
2. Commencement of Tai Chi Chuan (N)
3. Right (N E), Left (N W) Pull Down
4. Loft Push Hand (W)
5. Fan Through the Back (N W)
6. Stab Hand (N W)
7. Right Turn, Ward Off, Grasp Bird's Tail & Apparent Close UP (S E)
8. Left Turn, Ward Off, Grasp Bird's Tail & Apparent Close UP (N E)
9. Right Step Up & Pull Down (E)
10. Left Single Whip (W)
11. Right (N W), Left (S W) Pull Down, Elbow-stroke & Shoulder-stroke
12. Right Step Forward & Push Palm (W)
13. Step Back & Stork Cools Its Wings (W)
14. Left Brush Knee, Twist Step & Play the Fiddle (W)
15. Turn, Right Brush Knee, Twist Step & Play the Fiddle (N)
16. Turn, Left Brush Knee, Twist Step & Play the Fiddle (S)
17. Turn, Right Pull Down, Deflect Downward, Parry, Punch & Apparent Close Up (N W)
18. Turn, Left Pull Down, Deflect Downward, Parry, Punch & Apparent Close Up (S W)
19. Turn & Carry Tiger to Mountain (N)

PART II

1. Right (E), Left (N E), Climb Mountain on Tiger Back
2. Right Turn, Three Palm Movements, Grasp Bird's Tail & Apparent Close Up (S W)
3. Left Turn, Three Palm Movements, Grasp Bird's Tail & Apparent Close Up (N E)
4. Right Step Up & Pull Down (E)
5. Left Semi-Single Whip (W)
6. Left (S W), Right (N W), Push Mountain Into Sea
7. Left (S), Right (N), Horizontal Elbow Movements
8. Left Right Fist Under Elbow (W)
9. Left, Right, Repulse Monkey (W)
10. Left Right, Step Forward, Brush Arm & Push Palm (W)
11. Right Push Hand (N)
12. Right Fan Through the Back (N W)
13. Elbow stroke & Shoulder stroke (N W)

14. Left Pull Down, Elbow stroke & Shoulder-stroke (S E)
15. Right Step Forward K Push Palm (W)
16. Step Back & Left Stork Cools Its Wings (W)
17. Left Brush Knee & Twist Step (W)
18. Right Pull Up Curtain (W)
19. Right Needle at Sea Bottom (W)
20. Right Green Dragon Darts Out from Water (W)
21. Right Turn Around & Chop Fist (E)
22. Right Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (S E)
23. Left Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (N E)
24. Right Step Up & Pull Down (E)
25. Left Single Whip (W)
26. First Style Wave Hands Like Clouds (W)
27. Left Single Whip (W)
28. Step Up (W), Right High Pat on Horse (W), Left Snake Creeps Down (S W) & Separation of Right Foot (N W)
29. Step Back, Left High Pat on Horse (W), Right Snake Creeps Down (N W) & Separation of Left Foot (S W)
30. Left Turn & Kick Left Foot (E)
31. Left Brush Knee & Twist Step (E)
32. Step Forward, Right, Left Brush Knee & Groin Punch (E)
33. Turn, Creep Down & Right Turn Over Hands (W)
34. Step Up & Left Turn Over Hands (S)
35. Right Fist Under Elbow (S)
36. Kick Right Foot (S W)
37. Turn Around & Right Pat on Horse (N W)
38. Creep Down (S E), & Hit Tiger At Left (S)
39. Turn & Hit Tiger at Right (N)
40. Pull Down & Kick Right Foot (N)
41. Right & Left, Double Fists (N)
42. Pull Down, Turn & Kick Left Foot (S)
43. Right Turn & Subdue Tiger (S)
44. Step Forward in Yin-Yang Steps (W)
45. Right Ward Off, Follow with Left Punch & Apparent Close Up (N W)
46. Left Ward Off, Follow with Right Punch & Apparent Close Up (S W)
47. Turn & Carry Tiger to Mountain (N)

PART III

1. Left (W), Right (N W), Climb Mountain on Ilgnr Back
2. Left Turn, Three Palm Movements, Grasp Bird's Tail & Apparent Close Up (S E)
3. Left Turn, Three Palm Movements, Grasp Bird's Tail & ApparentClose Up (N E)
4. Right Turn, Step Up & Pull Down (S W)
5. Left Slanting Single Whip (NE)
6. Left (N E) & Right (S E), Partition of Wild Horse Mane
7. Turn & Push Palm (E)
8. Left Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (W)
9. Turn & Horizontal Palm Movement (N)
10. Right Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (N E)
11. Left Turn, Step Up & Pull Down (S W)
12. Right Slanting Single Whip (N E)
13. Right (N E), Left (S W), Right (N W) & Left (S E) (Four Corners) Fair Lady Works at Shuttles
14. Right Step Back, Ward Off, Grasp Bird's Tail & Apparent Close Up (SE)
15. Left Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (N E)
16. Right Step Up & Pull Down (E)
17. Left Single Whip (W)
18. Second Style Wave Hands Like Clouds (W)
19. Left Single Whip & Creep Down (W)
20. Step Up & Golden Cock Stands on One (Left) Leg (W)
21. Step Back & Gold Cock Stands on One (Right) Leg (W)
22. Kick Left Foot, Left & Right, Repulse Monkey (W)
23. Right (N W) & Left (S W) Pull Down & Separation of Palms
24. Left Fan Through the Back (S W)
25. Left Elbow-stroke & Shoulder-stroke (S W)
26. Right Pull Down, Elbow-stroke & Shoulder-stroke (N W)
27. Left Step Forward & Push Palm (W)
28. Step Back & Right Stork Cools Its Wings (W)
29. Right Brush Knee & Twist Step (W)
30. Pull Up Curtain (W)
31. Left Needle at Sea Bottom (W)
32. Left Green Dragon Darts Out from Water (W)
33. LEFT Turn Around & Chop Fist (E)
34. LEFT FIST Under Elbow (S E)
35. Kick Left Foot (S E), Turn Around & Left Pat on Horse (N W)
36. Right Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (S E)
37. Left Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (N E)
38. Right Step Up & Pull Down (E)

39. Left Single Whip (W)
40. Third Style Wave Hands Like Clouds (W)
41. Left Single Whip (W)
42. Step Forward & Right High Pat on Horse (W)
43. Step Forward & Left White Snake Puts Out Its Tongue (W)
44. Step Back & Right Single Whip (W)
45. Step Forward & Left High Pat on Horse (W)
46. Step Forward & Right White Snake Puts Out Its Tongue (W)
47. Turn & Push Palm (N W)
48. Turn, Right Cross Legs & Punch Downward (S E)
49. Stand Up, Left Cross Legs & Punch Downward (N E)
50. Step Back, Right Dragon Stretches Its Claws, Cobra Turns Over Its Body & White Ape Offers Fruits (S E)
51. Step Back Left Dragon Stretches Its Claws, Cobra Turns Over Its Body & White Ape Offers Fruits (N E)
52. Right Dragon Stretches Its Claws (E) & Push Palm (E)
53. Left Turn, Ward Off, Grasp Bird's Tail & Apparent Close Up (W)
54. Step Forward, Right Ward Off, Grasp Bird's Tail & Apparent Close Up (N W)
55. Turn & Right Single Whip (W)
56. Snake Creeps Down, Stand Up & Left High Pat on Horse (W)
57. Step Up & Right Seven Star Fists (W)
58. Step Back & Left Stork Cools Its Wings (W)
59. Turn with a "Hundred Times Trained" Leg (W)
60. Step Back, Left & Right, Ride Tiger (W)
61. Left & Right, Shoot Tiger with Bow (N W)
62. Step Up, Creep Down, Step Forward, Right Ward Off, Follow with Left Punch & Apparent Close Up (N W)
63. Left Step Up, Creep Down, Step Forward, Left Ward Off, Follow with Right Punch & Apparent Close Up (S W)
64. Turn & Carry Tiger to Mountain (N)
65. Conclusion of Grand Terminus (Tai-Chi)