

103 - Move Traditional Yang Style Long Form
(from Yang Family Tai Chi Site. See LINKS)

No.	Chinese Name	English Name
1	yu4 bei4	Preparation Form
2	qi3 shi4	Beginning
3	lan2 que4 wei2	Grasp the Bird's tail
4	dan1 bian1	Single whip
5	ti2 shou3 shang4 shi4	Lift Hands and Step Up
6	bai2 he4 liang4 chi4	White Crane Lifts Wings
7	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step
8	shou3 hui1 pi2 pa	Hand Strums Lute
9	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step
10	you4 lou1 xi1 ao3 bu4	Right Brush Knee and Step
11	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step
12	shou3 hui1 pi2 pa	Hand Strums Lute
13	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step
14	jin4 bu4 ban1 lan2 chui2	Step forward Deflect Parry and Punch
15	ru2 feng1 si4 bi4	As though sealed and closed
16	shi2 zi4 shou3	Cross Hands
End of First Section		
17	bao4 hu3 gui1 shan1	Embrace Tiger and Return to Mountain
18	zhou3 di3 (kan4) chui2	Fist Under Elbow
19	you4 dao4 nian3 hou2	Right Repel Monkey
20	zuo3 dao4 nian3 hou2	Left Repel Monkey
21	you4 dao4 nian3 hou2	Right Repel Monkey
22	xie2 fei1 shi4	Diagonal Flying
23	ti2 shou3 shang4 shi4	Lift Hands and Step Up

24	bai2 he4 liang4 chi4	White Crane Lifts Wings
25	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step
26	hai3 di3 zhen1	Needle at Sea Bottom
27	shan4 tong1 bei4	Fan Through Back
28	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Flip Fist Past Body
29	jin4 bu4 ban1 lan2 chui2	Step forward Deflect Parry and Punch
30	shang4 bu4 lan2 que4 wei2	Step Up and Grasp the Bird's tail
31	dan1 bian1	Single whip
32	zuo3 you4 yun2 shou3 (1)	Cloud Hands (1)
33	zuo3 you4 yun2 shou3 (2)	Cloud Hands (2)
34	zuo3 you4 yun2 shou3 (3)	Cloud Hands (3)
35	dan1 bian1	Single whip
36	gao1 tan4 ma3	High Pat Horse
37	you4 fen1 jiao3	Right Separate Foot
38	zuo3 fen1 jiao3	Left Separate Foot
39	zhuan3 shen1 zuo3 deng1 jiao3	Turn Body, Left Heel Kick
40	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step
41	you4 lou1 xi1 ao3 bu4	Right Brush Knee and Step
42	jin4 bu4 zai1 chui2	Step Up and Punch Down
43	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Flip Fist Past Body
44	jin4 bu4 ban1 lan2 chui2	Step forward Deflect Parry and Punch
45	you4 deng1 jiao3	Right Heel Kick
46	zuo3 da3 hu3 shi4	Left Strike Tiger
47	you4 da3 hu3 shi4	Right Strike Tiger
48	hui2 shen1 you4 deng1 jiao3	Turn Body Right Heel Kick
49	shuang1 feng1 guan4 er3	Two Peaks Box Ears
50	zuo3 deng1 jiao3	Left Heel Kick
51	zhuan3 shen1 you4 deng1 jiao3	Turn Body, Right Heel Kick

52	jin4 bu4 ban1 lan2 chui2	Step forward Deflect Parry and Punch
53	ru2 feng1 si4 bi4	As though sealed and closed
54	shi2 zi4 shou3	Cross Hands

End of Second Section

55	bao4 hu3 gui1 shan1	Embrace Tiger and Return to Mountain
56	xie2 dan1 bian1	Diagonal Single Whip
57	you4 ye3 ma3 fen1 zong1	Right Wild Horse Parts Mane
58	zuo3 ye3 ma3 fen1 zong1	Left Wild Horse Parts Mane
59	you4 ye3 ma3 fen1 zong1	Right Wild Horse Parts Mane
60	lan2 que4 wei2	Grasp the Bird's tail
61	dan1 bian1	Single Whip
62	yu4 nu3 chuan1 suo1	Jade Lady Passes Through the Shuttle
63	lan2 que4 wei2	Grasp the Bird's tail
64	dan1 bian1	Single Whip
65	zuo3 you4 yun2 shou3 (1)	Cloud Hands (1)
66	zuo3 you4 yun2 shou3 (2)	Cloud Hands (2)
67	zuo3 you4 yun2 shou3 (3)	Cloud Hands (3)
68	dan1 bian1	Single Whip
69	xia4 shi4	Low form [snake creeps down]
70	zuo3 jin1 ji1 du2 li4	Left Golden Cock Stands on One Leg
71	you4 jin1 ji1 du2 li4	Right Golden Cock Stands on One Leg
72	you4 dao4 nian3 hou2	Right Repel Monkey
73	zuo3 dao4 nian3 hou2	Left Repel Monkey
74	you4 dao4 nian3 hou2	Right Repel Monkey
75	xie2 fei1 shi4	Diagonal Flying
76	ti2 shou3 shang4 shi4	Lift Hands and Step Up
77	bai2 he4 liang4 chi4	White Crane Lifts Wings
78	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Step

79	hai3 di3 zhen1	Needle at Sea Bottom
80	shan4 tong1 bei4	Fan Through Back
81	zhuan3 shen1 bai2 she2 tu4 xin4	Turn Body White Snake Spits tongue
82	jin4 bu4 ban1 lan2 chui2	Step forward Deflect Parry and Punch
83	shang4 bu4 lan2 que4 wei2	Step UP and Grasp the Bird's tail
84	dan1 bian1	Single whip
85	zuo3 you4 yun2 shou3 (1)	Cloud Hands (1)
86	zuo3 you4 yun2 shou3 (2)	Cloud Hands (2)
87	zuo3 you4 yun2 shou3 (3)	Cloud Hands (3)
88	dan1 bian1	Single whip
89	gao1 tan4 ma3 chuan1 zhang3	High Pat Horse with Palm Thrust
90	shi2 zi4 tui3	Cross Kick
91	jin4 bu4 zhi3 dang1 chui2	Step Forward and Punch Groin
92	shang4 bu4 lan2 que4 wei2	Step Up and Grasp the Bird's tail
93	dan1 bian1	Single whip
94	xia4 shi4	Low Form [snake creeps down]
95	shang4 bu4 qi1 xing1	Step Up Seven Stars
96	tui4 bu4 kua4 hu3	Step back and Ride Tiger
97	zhuan3 shen1 bai3 lian2	Turn Body and Swing Over Lotus
98	wan1 gong1 she4 hu3	Bend Bow and Shoot Tiger
99	jin4 bu4 ban1 lan2 chui2	Step forward Deflect Parry and Punch
100	ru2 feng1 si4 bi4	As though sealed and closed
101	shi2 zi4 shou3	Cross Hands
102	shou1 shi4	Closing
103	huan2 yuan2	Return to normal