



TAI CHI CHUAN – YANG STYLE LONG FORM – SECTION I

Commencement move (bone marrow breathing exercise)

Ward off slightly upward right

Ward off slightly upward left

Throw opponent off

Left grasp bird's tail

Ward off slightly upward right

Roll back

Press forward

Scrape off

Double push

Single whip

Right side of the block

Left side of the block

Gather the arm to the left

Shuffle up twice

Throw opponent off

Double brush knee

White crane spreads its wings

Strike the neck

Throw opponent off

Brush knee

Arm break

Fan through the back

Moving brush knee

Moving brush knee

Arm break

Turn the head, strike neck

Tai chi step, turn the head, strike neck

Tai chi step, block left, block right

Hide the punch

Scrape off

Double push

Close

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