



TAI CHI CHUAN – YANG STYLE LONG FORM – SECTION II

Commencement move (bone marrow breathing exercise)

Double spear hand to throat

Slide back 45 degree angle

Hook block, palm strike

Roll back

Press forward

Scrape off

Push

Moving single whip

Front stance

Side step right – left cat stance

5 repulse monkeys

Turn to right, double back hands

Double overhead block

Shuffle up once

Throw opponent off

Double brush knee

White crane spreads its wings

Strike neck

Throw opponent off

Brush knee

Needle at sea bottom

Fan through the back

Turn head – strike neck

Same side shuffle up

Turn head – strike neck

Tai chi step, block left, block right, hide punch

Scrape off

Energy roll

Right tai chi step

Ward off slightly upward right

Roll back

Press forward

Scrape off

Push

Single whip

4 moving cloud hands

Single whip

High pat on horse's mane

Double high block

Double low block
Right front kick
Double low block
Left angled kick
Left leg clears area to rear
Circle hands up, circle hands down, left front kick
Brush knee, brush knee, brush knee/groin punch
Fan through the back
Both hands strike neck
Same side shuffle up, turn head, strike neck
Tai chi step, block left, block right, hide punch
Scrape off
Double temple strike
Right lunge kick
Both hands block punch, circle up, double chin punch
Tai chi step to the left, high block, low punch
Shift weight back, then slide forward with right foot
Double internal punch
Right tai chi step to the rear, high block, low punch
Shift weight back, double high block
Circle hands down, lift right leg,
Circle hands up, circle hands down, kick right leg
Spring board back up with both hands, holding right leg up
Double high fists cross in front
Step out with right leg, double temple strike
Double low block
Circle hands up, lift left leg
Circle hands down, kick left leg
Left leg circles around
Right cat stance
Circle hands up, circle hands down, kick right leg
Left arm block, tai chi step
Left block, right block, hide punch
Scrape off
Push
close

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