



OLD YANG STYLE LONG FORM (108)

FIRST SECTION

1 Opening Form

- a Stand in ready position, visualize Wu Chi.
- b Elbows back.
- c Fingers down.
- d Roll forward.
- e Raise Arms.
- f Straighten fingers.
- g Erect hands.
- h Extend hands.
- i Push out.
- j Sink hands.
- k Lower hands to waist level.

2 Left and Right Cloud Hands

- a Left cloud hand ward-off.
- b Right cloud hand ward-off.

3 Left and Right Diagonal Flying

- a Turn out.
- b Cloud hands, hold ball.
- c Step sideways.
- d Shift.
- e Left diagonal flying ward-off.
- f Turn waist, cloud hands, hold ball.
- g Step sideways, shift.
- h Right diagonal flying to grasp sparrow's tail.

4 Grasp Sparrow's Tail

- a Twist waist, spiral hands, roll back, swing hand up.
- b Square off.
- c Forward press.
- d Remain square, shift back.
- e Separate pull-up, ward-off, bend arms, shift forward, double hand push, sink palm.

5 Single Whip

- a Turn in.
- b Turn body, double split, palms.
- c Shift back.
- d Cloud hands, hold ball.
- e Hook hand.
- f Move leg.
- g Shift forward diagonal flying.
- h Turn palm, single whip.



- 6 Raise Hand and Step Up**
 - a** Turn in.
 - b** Raise hand, step up.
 - c** Sink down.
 - d** Play lute.
- 7 White Crane Spreads its Wings**
 - a** Roll back.
 - b** Swing hand up.
 - c** Step out, shoulder strike.
 - d** Turn in, fold body.
 - e** Cross hands.
 - f** Straighten body.
 - g** White crane spreads its wings.
- 8 Brush Left Knee and Twist Step**
 - a** Roll back, hold ball.
 - b** Swing hand up.
 - c** Step out.
 - d** Brush left knee, twist step.
- 9 Play the Lute**
 - a** Shift forward.
 - b** Lift leg.
 - c** Half step back, raise hand, step up.
 - d** Sink down.
 - e** Play the lute.
- 10 Brush Left Knee and Twist Step**
 - a** Roll back, hold ball.
 - b** Swing hand up, step out.
 - c** Brush left knee, twist step.
- 11 Brush Right Knee and Twist Step**

Turn out.

Roll back, hold ball.

Swing hand up.

Step out.

Brush right knee and twist step.
- 12 Brush Left Knee and Twist Step**
 - a** Roll back, hold ball.
 - b** Swing hand up, step out.
 - c** Brush left knee, twist step.
- 13 Play the Lute**
 - a** Shift forward, lift leg.
 - b** Half step back, raise hand, step up.
 - c** Sink down.
 - d** Play the lute.

14 Major Deflect and Parry Punch

- a** Roll back, hold ball.
- b** Swing hand up, step out.
- c** Brush left knee, twist step.
- d** Drop palm, show fist.
- e** Scrape fist.
- f** Turn out, step out.
- g** Side fist strike.
- h** Turn out, downward ward-off.
- i** Strike out.
- j** Step forward.
- k** Deflect.
- l** Parry and punch.

15 Apparent Close Up

- a** Twist, shift back.
- b** Square off.
- c** Shift forward double hand push.
- d** Sink palm.

16 Cross Hands

- a** Turn in, move leg, turn body.
- b** Form the posture of "Opening the Nature in Spring."
- c** Retreat, step diagonally.
- d** Double scoop, cross hands.
- e** Return to ready position.
- f** Close Tai Chi.



SECOND SECTION

17 Embrace the Tiger, Return to the Mountain

- a Turn in.
- b Turn body into Embrace Tiger.
- c Twist embrace.
- d Turn around embrace.
- e Roll back embrace.
- f Swing hand up.
- g Square off, forward press.
- h Remain square, shift back.
- i Separate pull-up ward-off.
- j Bend arms.
- k Shift forward.
- l Double hand push.
- m Sink palm.

18 Diagonal Single Whip

- a Turn in.
- b Turn body.
- c Double palm split.
- d Shift back.
- e Cloud hand, hold ball.
- f Suspend pull.
- g Move leg.
- h Shift forward.
- i Diagonal flying.

19 Left and Right Cloud Hands

- a Turn out.
- b Palm down, left cloud hand.
- c Retreat and stride right leg.
- d Right cloud hand.

20 Fist Under Elbow

- a Retreat up, penetrate by palm and leg.
- b Fist under elbow.

21 Repulse the Monkey (Right)

- a Shift back, swing hand up.
- b Step back to repulse the monkey.

22 Repulse the Monkey (Left)

- a Shift back, swing hand up.
- b Step back to repulse the monkey.

23 Repulse the Monkey (Right)

- a Shift back, swing hand up.
- b Step back to repulse the monkey.

- 24 Diagonal Flying**
- a Shift back, swing hand up.
 - b Cloud hand, hold ball.
 - c Turn step.
 - d Shift sideways.
 - e Diagonal flying.
- 25 Raise Up Hand and Foot**
- a Shift forward, lift leg.
 - b Half step back.
 - c Raise hand, step up.
 - d Sink down.
 - e Play lute.
- 26 White Crane Spreads its Wings**
- a Roll back, swing hand up.
 - b Step out, shoulder strike.
 - c Turn in, fold body.
 - d Cross hands.
 - e Straighten body.
 - f White crane spreads its wings.
- 27 Brush Left Knee and Twist Step**
- a Roll back, hold ball.
 - b Swing hand up.
 - c Step out.
 - d Brush left knee, twist step.
- 28 Needle at the Sea Bottom**
- a Shift forward, lift leg.
 - b Half step back.
 - c Play lute.
 - d Sink down, fold body.
 - e Needle at sea bottom.
- 29 Fan through Back**
- a Turn body, step up.
 - b Fan through back.
- 30 Turn around and Chop Opponent with Fist**
- a Shift back, strike heart with elbow.
 - b Move leg, chop opponent with fist.
 - c Twisted-step palm.
 - d Shift back, punch.
- 31 Deflect and Parry Punch**
- a Turn out, downward ward-off.
 - b Strike out, step forward.
 - c Deflect.
 - d Parry and punch.



32 Grasp Sparrow's Tail

- a Turn out, cloud hand, hold ball.
- b Ward-off.
- c Step forward, grasp sparrow's tail.
- d Twist waist, spiral hands, roll back, swing hand up.
- e Square off.
- f Forward press.
- g Remain square, shift back.
- h Separate pull-up, ward-off, bend arms, shift forward, double hand push, sink palm.

33 Single Whip

- a Turn in.
- b Turn body, double split, palms.
- c Shift back.
- d Cloud hands, hold ball.
- e Hook hand.
- f Move leg.
- g Shift forward diagonal flying.
- h Turn palm, single whip.

34 Left and Right Cloud Hands

- a Shift back, turn foot.
- b Right cloud hand.
- c Line up steps, left cloud hand.

35 Left and Right Cloud Hands

- a Retreat right foot.
- b Right cloud hand.
- c Step with left foot, left cloud hand.

36 Left and Right Cloud Hands

- a Retreat right foot.
- b Right cloud hand.
- c Step with left foot, left cloud hand.

37 Single Whip

- a Retreat right foot.
- b Cloud hands, hook hand.
- c Step sideways.
- d Shift forward, diagonal flying.
- e Turn palm.
- f Single whip.

38 High Pat on Horse

- a Shift forward, lift leg.
- b Half step back.
- c Retreat foot, high pat on horse.

39 Separate Right Foot

- a Shift back, swing hand up.
- b Step diagonally.
- c Roll back, hold ball, cross hands, toe down.
- d Lift leg, separate right foot.

- 40 Separate Left Foot**
- a Retreat, suspend step diagonally.
 - b Roll back.
 - c Hold ball.
 - d Cross hands, toe down.
 - e Lift leg.
 - f Separate foot.
- 41 Kick with Left Sole**
- a Retreat, suspend, turn foot.
 - b Cross hands, toe down.
 - c Lift leg.
 - d Kick with left sole.
- 42 Brush Left Knee and Twist Step**
- a Retreat, suspend, step down.
 - b Brush left knee and twist step.
- 43 Brush Right Knee and Twist Step**
- a Turn out, roll back, hold ball.
 - b Swing hand up.
 - c Step forward.
 - d Brush right knee and twist step.
- 44 Punch Downward**
- a Turn out, downward ward-off.
 - b Strike out, step forward, brush knee.
 - c Punch downward.
- 45 Turn Around and Chop Opponent with Fist**
- a Shift back, strike heart with elbow.
 - b Move leg, chop opponent with fist.
 - c Twisted-step palm. Shift back, punch.
- 46 Deflect and Parry Punch**
- a Step strike, downward ward-off.
 - b Strike out, step forward.
 - c Deflect.
 - d Parry and punch.
- 47 Flying Kicks**
- a Shift back, left kick.
 - b Right flying kick.
 - c Step down.
 - d Turn body, push.
- 48 Hit the Tiger on the Left**
- a Turn in, move leg.
 - b Shift back.
 - c Hit the tiger on the left.



- 49 Hit the Tiger on the Right**
- a** Turn in, move leg.
 - b** Shift back.
 - c** Hit the tiger on the right.
- 50 Kick with Right Sole**
- a** Retreat foot, cross hands, toe down.
 - b** Lift leg.
 - c** Kick with right sole.
- 51 Box Ears with Fists**
- a** Retreat, suspend, turn foot.
 - b** Double downward ward-off.
 - c** Kick with sole.
 - d** Step down.
 - e** Box ears with fists.
- 52 Kick with Left Sole**
- a** Retreat, suspend.
 - b** Step out.
 - c** Double scoop, lift leg.
 - d** Kick with sole.
- 53 Kick with Right Sole**
- a** Retreat, suspend, turn foot.
 - b** Step down, double scoop.
 - c** Lift leg.
 - d** Kick with right sole.
- 54 Deflect and Parry Punch**
- a** Step down, downward ward-off.
 - b** Strike out, step forward.
 - c** Deflect.
 - d** Parry and punch.
- 55 Apparent Close Up**
- a** Twist, shift back.
 - b** Square off.
 - c** Shift forward, double hand push.
 - d** Sink palm.
- 56 Cross Hands**
- a** Turn in, move leg, turn body.
 - b** Form the posture of "Opening the Nature in Spring."
 - c** Retreat, step diagonally.
 - d** Double scoop, cross hands.
 - e** Return to ready position.
 - f** Close Tai Chi.

THIRD SECTION

57 Embrace the Tiger, Return to the Mountain

- a Stand in the ready position.
- b Visualize Wu Chi.
- c Gather elbows back.
- d Step out diagonally.
- e Cross hands.
- f Turn in.
- g Turn body into Embrace Tiger.
- h Twist embrace.
- i Turn around embrace.
- j Roll back embrace.
- k Swing hand up.
- l Square off, forward press.
- m Remain square, shift back.
- n Separate pull-up ward-off.
- o Bend arms.
- p Shift forward.
- q Double hand push.
- r Sink palm.

58 Diagonal Single Whip

- a Turn in.
- b Turn body.
- c Double split palms.
- d Shift back.
- e Cloud hand, hold ball.
- f Suspend pull.
- g Move leg.
- h Shift forward.
- i Diagonal flying.

59 Part the Wild Horse's Mane (Right)

- a Turn in.
- b Cloud hands.
- c Hold ball.
- d Move step.
- e Part the wild horse's mane.

60 Part the Wild Horse's Mane (Left)

- a Turn out.
- b Cloud hands.
- c Hold ball.
- d Step forward.
- e Part the wild horse's mane.



61 Part the Wild Horse's Mane (Right)

- a Turn out.
- b Cloud hands.
- c Hold ball.
- d Step forward.
- e Part the wild horse's mane.

62 Part the Wild Horse's Mane (Left)

- a Turn out.
- b Cloud hands.
- c Hold ball.
- d Step forward.
- e Part the wild horse's mane.

63 Grasp the Sparrow's Tail

- a Turn out.
- b Cloud hand, hold ball.
- c Ward-off.
- d Step forward, grasp the sparrow's tail.
- e Twist waist, spiral hands, roll back, swing hand up.
- f Square off.
- g Forward press.
- h Remain square, shift back.
- i Separate pull-up, ward-off, bend arms, shift forward, double hand push, sink palm.

64 Single Whip

- a Turn in.
- b Turn body, double split palms.
- c Shift back.
- d Cloud hands, hold ball.
- e Hook hand.
- f Move leg.
- g Shift forward diagonal flying.
- h Turn palm, single whip.

65 Fair Lady Works the Shuttles (Right)

- a Turn in, turn body.
- b Raise hands.
- c Step down.
- d Step diagonally.
- e Fair lady works the shuttles.

66 Fair Lady Works the Shuttles (Left)

- a Turn in, turn body.
- b Step diagonally.
- c Fair lady works the shuttles.

67 Fair Lady Works the Shuttles (Right)

- a Turn in, turn body.
- b Step diagonally.
- c Fair lady works the shuttles.

68 Fair Lady Works the Shuttles (Left)

- a Turn in, turn body.
- b Step diagonally.
- c Fair lady works the shuttles.

69 Left and Right Diagonal Flying

- a Turn in.
- b Hold ball.
- c Move leg.
- d Left diagonal ward-off.
- e Turn waist, cloud hands, hold ball.
- f Step sideways, step out.
- g Right diagonal flying to grasp sparrow's tail.

70 Grasp the Sparrow's Tail

- a Twist waist, spiral hands, roll back, swing hand up.
- b Square off.
- c Forward press.
- d Remain square, shift back.
- e Separate pull-up, ward-off, bend arms, shift forward, double hand push, sink palm.

71 Single Whip

- a Turn in.
- b Turn body, double split palms.
- c Shift back.
- d Cloud hands, hold ball.
- e Hook hand.
- f Move leg.
- g Shift forward diagonal flying.
- h Turn palm, single whip.

72 Left and Right Cloud Hands

- a Shift back, turn foot.
- b Right cloud hand.
- c Line up steps, left cloud hand.

73 Left and Right Cloud Hands

- a Retreat right foot.
- b Right cloud hand.
- c Step with left foot, left cloud hand.

74 Left and Right Cloud Hands

- a Retreat right foot.
- b Right cloud hand.
- c Step with left foot, left cloud hand.

75 Single Whip

- a Retreat right foot.
- b Cloud hands, hook hand.
- c Step sideways.
- d Shift forward, diagonal flying.
- e Turn palm.
- f Single whip.



- 76 Snake Creeps Down**
- a** Shift back, turn foot.
 - b** Snake creeps down.
- 77 Cock Stands on One Foot**
- a** Turn out.
 - b** Shift forward.
 - c** Lift right leg.
 - d** Step down.
 - e** Squat down.
 - f** Lift left leg.
 - g** Cock stands on one foot.
- 78 Repulse the Monkey (Right)**
- a** Shift back, swing hand up.
 - b** Step back to repulse the monkey.
- 79 Repulse the Monkey (Left)**
- a** Shift back, swing hand up.
 - b** Step back to repulse the monkey.
- 80 Repulse the Monkey (Right)**
- a** Shift back, swing hand up.
 - b** Step back to repulse the monkey.
- 81 Diagonal Flying**
- a** Shift back, swing hand up.
 - b** Cloud hand, hold ball.
 - c** Turn step.
 - d** Shift sideways.
 - e** Diagonal flying.
- 82 Raise Hand and Foot**
- a** Shift forward, lift leg.
 - b** Half step back.
 - c** Raise hand, step up.
 - d** Sink down.
 - e** Play lute.
- 83 White Crane Spreads its Wings**
- a** Roll back.
 - b** Swing hand up.
 - c** Step out, shoulder strike.
 - d** Turn in, fold body.
 - e** Cross hands.
 - f** Straighten body.
 - g** White crane spreads its wings.
- 84 Brush Left Knee and Twist Step**
- a** Roll back, hold ball.
 - b** Swing hand up.
 - c** Step out.
 - d** Brush left knee, twist step.

85 Needle at the Sea Bottom

- a Shift forward, lift leg.
- b Half step back.
- c Play lute.
- d Sink down, fold body.
- e Needle at sea bottom.

86 Fan through Back

- a Turn body, step up.
- b Fan through back.

87 Snake Sticks out its Tongue

- a Shift back, strike heart with elbow.
- b Move leg, chop opponent with fist.
- c Shift back.
- d Snake sticks out its tongue.
- e Twisted-step palm.
- f Shift back, punch.

88 Deflect and Parry Punch

- a Turn out, downward ward-off.
- b Strike out, step forward.
- c Deflect.
- d Parry and punch.

89 Grasp Sparrow's Tail

- a Turn out, cloud hand, hold ball.
- b Ward-off.
- c Step forward, grasp sparrow's tail.
- d Twist waist, spiral hands, roll back, swing hand up.
- e Square off.
- f Forward press.
- g Remain square, shift back.
- h Separate pull-up, ward-off, bend arms, shift forward, double hand push, sink palm.

90 Single Whip

- a Turn in.
- b Turn body, double split, palms.
- c Shift back.
- d Cloud hands, hold ball.
- e Hook hand.
- f Move leg.
- g Shift forward diagonal flying.
- h Turn palm, single whip.

91 Left and Right Cloud Hands

- a Shift back, turn foot.
- b Right cloud hand.
- c Line up steps, left cloud hand.



92 Left and Right Cloud Hands

- a** Retreat right foot.
- b** Right cloud hand.
- c** Step with left foot, left cloud hand.

93 Left and Right Cloud Hands

- a** Retreat right foot.
- b** Right cloud hand.
- c** Step with left foot, left cloud hand.

94 Single Whip

- a** Retreat right foot.
- b** Cloud hands, hook hand.
- c** Step sideways.
- d** Shift forward, diagonal flying.
- e** Turn palm.
- f** Single whip.

95 High Pat on Horse

- a** Shift forward, lift leg.
- b** Half step back.
- c** Retreat foot, high pat on horse.

96 Turn Around and Kick with Right Sole

- a** Turn in.
- b** Turn body.
- c** Cross hands.
- d** Sweep with leg.

97 Groin Punch

- a** Step down, downward ward-off.
- b** Strike out, step forward, deflect, parry.
- c** Punch down.

98 Grasp Sparrow's Tail

- a** Turn out, cloud hand, hold ball.
- b** Ward-off.
- c** Step forward, grasp sparrow's tail.
- d** Twist waist, spiral hands, roll back, swing hand up.
- e** Square off.
- f** Forward press.
- g** Remain square, shift back.
- h** Separate pull-up, ward-off, bend arms, shift forward, double hand push, sink palm.

99 Single Whip

- a Turn in.
- b Turn body, double split, palms.
- c Shift back.
- d Cloud hands, hold ball.
- e Hook hand.
- f Move leg.
- g Shift forward, diagonal flying.
- h Turn palm.
- i Single whip.

100 Snake Creeps Down

- a Shift back, turn foot.
- b Snake creeps down.

101 Step Up to Form Seven Stars

- a Turn out.
- b Shift forward.
- c Step out.
- d Seven stars.

102 Retreat to Ride the Tiger

- a Step back.
- b Ride the tiger.

103 Turn around and Sweep Lotus with One Leg

- a Twist waist.
- b Palm punch.
- c Lift up.
- d Turn on foot.
- e Step down.
- f Turn in.
- g Sweep 1.
- h Sweep 2.

104 Shoot the Tiger with the Bow

- a Shift back.
- b Step down, downward ward-off.
- c Strike out, step forward.
- d Deflect and parry punch.

105 Deflect and Parry Punch

- a Shift back.
- b Step down, downward ward-off.
- c Strike out, step forward.
- d Deflect and parry punch.

106 Apparent Close Up

- a Twist, shift back.
- b Square off.
- c Shift forward, double hand push.
- d Sink palms.



107 Cross Hands.

- a** Turn in, move leg, turn body.
- b** Form the posture of "Opening the Nature in Spring."
- c** Retreat step.
- d** Squat down.
- e** Double scoop, cross hands.
- f** Return to ready position.
- g** Close Tai Chi.

108 Conclusion of Tai Chi.