

# **T'AI CHI CH'UAN**

## **YANG STYLE LONG FORM SUMMARY**

The T'AI CHI CH'UAN consists of 37 basic movements but with the repetitions there are 108 moves to be executed. There are 3 parts and 13 sequences

### **PART ONE**

#### First sequence

1. Commencement of the TCC
2. Grasp the bird's tail -right
3. Grasp the bird's tail -left
4. Ward off
5. Pull back
6. Press forward
7. Separate hands and push forward
8. Single whip or Birds Beak

#### Second sequence

9. Strum the lute
10. White crane spreads its wings
11. Brush knee & push step R hand
12. Strum the lute
13. Brush knee & push step R hand
14. Brush knee and push step L Hand
15. Brush knee & push step R hand
16. Strum the lute
17. Brush knee and push step
18. Chop opponent with fist
19. Twisted step, push & punch
20. Separate hands & push forward
21. Carry tiger in your arms & return to the mountain

### **PART TWO**

#### Third Sequence MONKEY STEPS, SLANTING FLYING ,GOLDEN NEEDLE

22. Separate arms, push forward with L, down with R, lift R arm, pull back, press forward, separate arms and push.
23. turn half way round around
24. Fist under elbow
25. Step back & repulse monkey
- 26, 27, 28, 29. repeat.
30. Slanting flying
31. Strum the lute
32. White crane spreads its wings
33. Brush knee & push step R hand
34. Looking for the golden needle at the bottom of the sea
35. Shooting the arrow

36. Turn body, throw fist
37. Step to R, deflect downwards, twisted step, push and punch
38. Left arm over and under, step up, ward off, pull back and press forward, separate hands and push.
39. Single whip or Birds Beak-bird's beak (Repeat 8).

#### Fourth sequence CLOUD ARMS

40. No beginning, no end (or Cloud arms)
41. Single whip or Birds Beak (Repeat 8.)

#### Fifth sequence KICKING SECTION

42. High pat on the horse.
43. Separation on R foot, raise R leg, loose kick
44. Separation of L foot, raise L leg, loose kick
45. Turn and kick with sole of foot (L leg)
46. Brush knee and push step
47. Plant left leg, deep punch downwards
48. Turn body, throw fist
49. Turn to R, deflect downwards, twisted step, push and punch
50. Kick forward with R leg
51. Hit tiger at L and twist its ears FIRST Tiger
52. Hit tiger at R and twist its ears SECOND tiger
53. Kick forward with R leg.
54. White snake sticks out its tongue, grasp tiger's ears with both fists
55. Kick L leg sideways
56. Turn around and kick with R leg
57. Twisted step, push and punch
58. Separate hands, push forwards
59. Turn to North
60. Carry tiger and return to the mountain

### **PART THREE**

#### Sixth sequence

61. Separate arms, push forward with L, down with R, lift R arm, pull back, press forward, separate arms and push forward ( repeat of 22 beginning of second part and then repeat 5,6,7)
62. Single whip or Birds Beak repeat 8.

#### Seventh sequence PARTING OF THE WILD HORSES MANE

- 63-66. Parting of the wild horse's mane
67. Ward off pull back press forward, separate hands to push. ( repeat of 4,5,6,7)
68. Single whip or Birds Beak Repeat 8

#### Eighth sequence FOUR CORNERS OF THE EARTH

- 69-72. Four corners of the earth or The jade maiden works at the shuttles

- 73. Face North, twisted step, L arm over and under.
- 74. Ward off, pull back, press forward, separate arms, push forward.( repeat of 5,6,7)
- 75. Single whip, bird's beak (Repeat of 8)

#### Ninth sequence CLOUD ARMS

- 76. No beginning, no end or Cloud arms ( repeat of 40)
- 77. Single whip or Birds Beak (Repeat of 8.)

#### Tenth sequence FIRST SNAKE

- 78. Snake creeps down into the water
- 79-80. Golden cock stands on one leg
- 81. Step back and repulse the monkey
- 82-91 -Repeat 30-39 Slanting flying, golden needle, shoot out the arrow, hand over fist
- 82. Slanting flying
- 83. Strum the lute
- 84. Bird spreads wings (white crane)
- 85. Brush knee and push step
- 86. Golden needle
- 87. Shoot out the arrow
- 88. Turn body, throw fist
- 89. Turn to R, deflect downwards, twisted step, push & punch
- 90. L arm over and under, slanting upwards, pull back, press forwards, separate hands and push
- 91. Single whip, bird's beak. (Repeat of 8)

#### Eleventh sequence CLOUD ARMS

- 92. No beginning, no end or Cloud arms ( repeat of 40)
- 93 . Single whip or Birds Beak (Repeat of 8.)

#### Twelfth sequence CROSSING OF THE ARMS

- 94. High pat on the horse
- 95. Crossing of the arms
- 96. Turn to R and kick R leg forward
- 97. Brush knee and punch half way down
- 98. Left arm over and under, slanting upwards, pull back, press forward, separate hands and push.
- 99. Single whip, bird's beak (Repeat of 8)

#### Thirteenth sequence SECOND SNAKE

- 100. Snake creeps down into the water
- 101. Step up to form the seven stars

102. Retreat to ride the tiger
103. Turn and swing lotus leg
104. Bend bow and shoot the tiger- release the fist
105. Right fist goes down to left
106. Twisted step, arms over to R, push and punch
107. Separate hands and push forward (repeat of 20)
108. Carry tiger and return to the mountain