

# Yang Style Taijiquan long form with 108 movements

## Part 1

1	起式	Qi Shi	Beginning
2	左棚	Zuo Peng	Ward-off (Left)
3	拦雀尾	Lan Que Wei	Grasp the sparrow's tail
4	单鞭	Dan Bian	Single whip
5	提手上势	Ti Shou Shang Shi	Step up to raise hands (also Raise Hands and Step Forward)
6	白鹤凉翅	Bai He Liang Chi	White Crane spreads its wings
7	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee and push
8	手挥琵琶	Shou Hui Pi Pa	Hand strums the lute (play the pipa)
9	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee and push
10	右搂膝拗步	You Lou Xi Ao Bu	Brush right knee push
11	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee push
12	手挥琵琶	Shou Hui Pi Pa	Hand strums the lute (pipa)
13	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee push (left)
14	进步搬拦捶	Jin Bu Ban Lan Chui	Twist, deflect, step, parry and punch (also Step Forward, Parry Block and Punch)
15	如封似闭	Ru Feng Si Bi	Apparent close up
16	十字手	Shi Zi Shou	Cross hands

## Part 2

17	抱虎归山	Bao Hu Gui Shan	Embrace the Tiger and Return to Mountain (also Carry the tiger to the mountain)
18	拦雀尾	Lan Que Wei	Grasp the sparrow's tail
19	肘底捶	Zhou Di Chui	Fist under elbow
20	右倒撵猴	You Dao Nian Hou	Retreat to repulse monkey (right)
21	左倒撵猴	Zuo Dao Nian Hou	Retreat to repulse monkey (left)

22	右倒撵猴	You Dao Nian Hou	Retreat to repulse monkey (right)
23	左倒撵猴	Zuo Dao Nian Hou	Retreat to repulse monkey (left)
24	右倒撵猴	You Dao Nian Hou	Retreat to repulse monkey(right)
25	斜飞式	Xie Fei Shi	Oblique/Diagonal flying
26	提手上势	Ti Shou Shang Shi	Step up to raise hands
27	白鹤凉翅	Bai He Liang Chi	White Crane spreads its wings
28	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee and push
29	海底针	Hai Di Zhen	Needle to the bottom of the sea
30	扇通背	Shan Tong Bei	Fan through the back
31	转身撇身捶	Zhuan Shen Pie Shen Chui	Turn Body and Chop with Fist
32	进步搬拦捶	Jin Bu Ban Lan Chui	Twist, deflect, step, parry, punch
33	拦雀尾	Lan Que Wei	Grasp the sparrow's tail
34	单鞭	Dan Bian	Single whip
35	云手	Zuo You Yun Shou	Cloud hands (several times)
36	单鞭	Dan Bian	Single whip
37	高探马	Gao Tan Ma	High pat on horse
38	右分脚	You Fen Jiao	Parting/separation kick (right)
39	左分脚	Zuo Fen Jiao	Parting/separation kick (left)
40	转身左蹬脚	Zhuan Shen Zuo Deng Jiao	Turn and kick with left heel
41	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee and push
42	右搂膝拗步	You Lou Xi Ao Bu	Brush right knee push
43	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee
44	进步栽捶	Jin Bu Zai Chui	Step up, Punch Down
45	转身撇身捶	Zhuan Shen Pie Shen Chui	Turn Body and Chop with Fist
46	进步搬拦捶	Jin Bu Ban Lan Chui	Twist, deflect, step, parry and punch

47	右蹬脚	You Deng Jiao	Right heel kick
48	左打虎式	Zuo Da Hu Shi	Hit/strike tiger (left)
49	右打虎式	You Da Hu Shi	Hit/strike tiger (right)
50	回身右蹬脚	Hui Shen You Deng Jiao	Turn Body and Right Heel Kick
51	双峰灌耳	Shuang Feng Guan Er	Twin Fists Strike Opponents Ears
52	左蹬脚	Zuo Deng Jiao	Left heel kick
53	转身右蹬脚	Zhuan Shen You Deng Jiao	Spin and kick with right heel
54	进步搬拦捶	Jin Bu Ban Lan Chui	Twist, deflect, step, parry, punch
55	如封似闭	Ru Feng Si Bi	Apparent close up
56	十字手	Shi Zi Shou	Cross hands

### Part 3

57	抱虎归山	Bao Hu Gui Shan	Embrace the Tiger and Return to Mountain (also Carry the tiger to the mountain)
58	斜单鞭	Xie Dan Bian	Oblique/diagonal single whip
59	右野马分鬃	You Ye Ma Fen Zong	Parting Wild Horse's Mane, Right
60	左野马分鬃	Zuo Ye Ma Fen Zong	Parting Wild Horse's Mane, Left
61	右野马分鬃	You Ye Ma Fen Zong	Parting Wild Horse's Mane, Right
62	左野马分鬃	Zuo Ye Ma Fen Zong	Parting Wild Horse's Mane, Left
63	右野马分鬃	You Ye Ma Fen Zong	Parting Wild Horse's Mane, Right
64	左棚	Zuo Peng	Ward-off (Left)
65	拦雀尾	Lan Que Wei	Grasp the sparrow's tail
66	单鞭	Dan Bian	Single whip
67	玉女穿梭	Yu Nu Chuan Suo	Fair Lady works at shuttles (also Jade maiden weaves shuttles (left))
68	玉女穿梭	Yu Nu Chuan Suo	Fair Lady works at shuttles (also Jade maiden weaves shuttles (right))
69	玉女穿梭	Yu Nu Chuan Suo	Fair Lady works at shuttles (also Jade maiden weaves shuttles (left))

70	玉女穿梭	Yu Nu Chuan Suo	Fair Lady works at shuttles (also Jade maiden weaves shuttles (right))
71	左棚	Zuo Peng	Ward-off (Left)
72	拦雀尾	Lan Que Wei	Grasp the sparrow's tail (right)
73	单鞭	Dan Bian	Single whip
74	云手	Zuo You Yun Shou	Cloud hands (several times)
75	单鞭	Dan Bian	Single whip
76	下势	Xia Shi	Snake creeps down
77	左金鸡独立	Zuo Jin Ji Du Li	Golden Rooster stands on left leg
78	右金鸡独立	You Jin Ji Du Li	Golden Rooster stands on right leg
79	右倒撵猴	Zuo Dao Nian Hou	Retreat to repulse monkey (right)
80	左倒撵猴	You Dao Nian Hou	Retreat to repulse monkey (left)
81	右倒撵猴	Zuo Dao Nian Hou	Retreat to repulse monkey (right)
82	左倒撵猴	You Dao Nian Hou	Retreat to repulse monkey (left)
83	右倒撵猴	Zuo Dao Nian Hou	Retreat to repulse monkey(right)
84	斜飞式	Xie Fei Shi	Oblique/Diagonal flying
85	提手上势	Ti Shou Shang Shi	Step up to raise hands
86	白鹤凉翅	Bai He Liang Chi	White Crane spreads its wings
87	左搂膝拗步	Zuo Lou Xi Ao Bu	Brush left knee and push
88	海底针	Hai Di Zhen	Needle to the bottom of the sea
89	扇通背	Shan Tong Bei	Fan through the back
90	转身白蛇吐信	Zhuan Shen Bai She Tu Xin	Turn Body and White Snake Spits out Tongue
91	进步搬拦捶	Jin Bu Ban Lan Chui	Twist, deflect, step, parry, punch
92	拦雀尾	Lan Que Wei	Grasp the sparrow's tail
93	单鞭	Dan Bian	Single whip
94	云手	Zuo You Yun Shou	Cloud hands (several times)

95	高探马	Gao Tan Ma	High pat on horse
96	穿掌	Chuan Zhang	Cross Palm or Palm Thrust
97	十字腿	Shi Zi Tui	Cross leg kick
98	进步指裆锤	Jin Bu Zhi Dang Chui	Step forward and punch groin
99	上步拦雀尾	Shang Bu Lan Que Wei	Walking/Step Forward and Grasp the sparrow's tail
100	单鞭	Dan Bian	Single whip
101	下势	Xia Shi	Snake creeps down
102	上步七星	Shang Bu Qi Xing	Step up to form the seven stars
103	退步跨虎	Tui Bu Kua Hu	Sit/Step back to ride the tiger
104	转身摆莲	Zhuan Shen Bai Lian	Turn body and swing over lotus
105	弯弓射虎	Wan Gong She Hu	Draw the bow to shoot the tiger
106	进步搬拦捶	Jin Bu Ban Lan Chui	Twist, deflect, step, parry, punch
107	如封似闭	Ru Feng Si Bi	Apparent close & counter with push
108	十字手	Shi Zi Shou	Cross hands