

Yang Style of T'ai Chi Ch'uan
Long Form, 108 Movements, First Section

1. Preparation
2. Step Out, Raise and Lower Hands
3. Ward-Off Left
4. Grasping the Sparrow's Tail
5. Single Whip
6. Raise Hands, Shoulder Stroke
7. White Crane Spreads Its Wings
8. Brush Left Knee, Right Palm Strike
9. Play the Pi Pa
10. Brush Left Knee, Right Palm Strike
11. Brush Right Knee, Left Palm Strike
12. Brush Left Knee, Right Palm Strike
13. Play the Pi Pa
14. Brush Left Knee, Right Palm Strike
15. Step Forward, Deflect, Parry, Punch
16. Apparent Withdraw, Push
17. Cross Hands