

**Yang Style of T'ai Chi Ch'uan**  
**Long Form, 108 Movements, Second Section, Part II**

#	Direction Facing	Name of Movement	Comments
38.	SW 7	<b>Kick with Right Toe</b>	Step to SW with L foot (Separate Feet), Circle hands, Separate Hands, Kick with R toe to NW, 0R/100L
39.	NW 10	<b>Kick with Left Toe</b>	Step to NW with R foot (Separate Feet), Circle hands, Separate hands, Kick with L toe to SW, 100R/0L
40.	SE 4	<b>Turn, Kick with Left Sole</b>	Pivot on R foot 180° L, Separate hands, Kick with L sole to E, 100R/0L
41.	E 3	<b>Brush Left Knee, Right Palm Strike</b>	Step L leg, Brush L knee, Palm strike R hand, #8
42.	E 3	<b>Brush Right Knee, Left Palm Strike</b>	Step R leg, Brush R knee, Palm strike L hand, #11
43.	SE	<b>Step Up, Punch Downward</b>	Step L leg, Sink Down, Punch low with R fist, 30R/70L
44.	W 9	<b>Turn, Chop with Fist</b>	Pivot 145° to R, R back fist down, L palm strike, #30
45.	W 9	<b>Step Forward, Parry and Punch</b>	Advance step R foot, Twist Pivot on R foot, Parry, Step forward with L foot, Punch with R fist, 30R/70L, #15
46.	SW 7	<b>Kick with Right Sole</b>	Circle hands, Separate hands, Kick with R sole to NW
47.	W 9	<b>Strike Tiger, Left Side</b>	Step to S with L leg, Face W, Intercept with R hand, L fist high, R fist at chest, bend elbows, 20R/80L
48.	W 9	<b>Strike Tiger, Right Side</b>	Turn to R, Step to N with R leg, Intercept with L hand, R fist high, L fist at chest, Face W, bend elbows, 80R/20L
49.	SW 7	<b>Kick with Right Sole</b>	Circle hands, Separate hands, Kick NW with R sole, 0R/100L
50.	NW 10	<b>Strike Opponent's Ears with Fists</b>	Pivot on L foot, Raise R knee, Step with R foot to NW, Box ears with both fists, 70R/30L
51.	NW 10	<b>Kick with Left Sole</b>	Circle hands, Separate hands, Kick W with L sole, Arms wide, 100R/0L, #40
52.	S 6	<b>Pivot Around, Kick with Right Sole</b>	270° pivot on L foot, Circle hands, Separate hands, Kick with Right Sole to W
53.	W 9	<b>Step Forward, Deflect, Parry and Punch</b>	#15
54.	W 9	<b>Apparent Withdraw, Push</b>	#16
55.	N 12	<b>Cross Hands</b>	#17