Yang Style of T’ai Chi Ch’uan
Long Form, 108 Movements, Second Section

18. Carry Tiger to the Mountain
19. Grasping the Sparrow’s Tail
20. Fist Under Elbow
21. Repulse Monkey – Right
22. Repulse Monkey – Left
23. Repulse Monkey – Right
24. Diagonal Slant Flying
25. Raise Hands, Shoulder Stroke
26. White Crane Spreads Its Wings
27. Brush Left Knee, Push
28. Needle at Sea Bottom
29. Fan Through the Back
30. Turn, Chop with Fist
31. Step Forward, Parry, Punch
32. Ward-Off Left
33. Grasping the Sparrow’s Tail
34. Single Whip
35. Wave Hands Like Clouds
36. Single Whip
37. High Pat on Horse
38. Kick with Right Toe
39. Kick with Left Toe
40. Turn, Kick with Left Sole
41. Brush Left Knee, Push
42. Brush Right Knee, Push
43. Step Up, Punch Downward
44. Turn, Chop with Fist
45. Step Forward, Parry, Punch
46. Kick with Right Sole
47. Strike Tiger, Left Side
48. Strike Tiger, Right Side
49. Kick with Right Sole
50. Box Ears with Fists
51. Kick with Left Sole
52. Pivot, Kick with Right Sole
53. Deflect, Parry and Punch
54. Apparent Withdraw, Push
55. Cross Hands