

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

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