

Yang Style of T'ai Chi Ch'uan
Long Form, 108 Movements, Third Section, Part I

#	Direction Facing	Name of Movement	Comments
56.	SE 4	Embrace Tiger, Return to Mountain	#18
57.	SE 4	Grasping the Sparrow's Tail	#19
58.	N 12	Horizontal Single Whip	#5, 30R/70L, L palm to N
59.	E 3	Parting the Wild Horse's Mane - Right	R leg step to NE, split hands, R hand high, 70R/30L
60.	E 3	Parting the Wild Horse's Mane - Left	L leg step to SE, split hands, L hand high, 30R/70L
61.	E 3	Parting the Wild Horse's Mane - Right	#59
62.	N 12	Ward-Off Left	#3, Step out to prepare for double Ward-Off to R
63.	E 3	Grasping the Sparrow's Tail	#4: Double Ward-Off Right, Roll Back, Press, Push
64.	W 9	Single Whip	#5
65.	NE 1	Fair Lady Works the Shuttle – Left	Pivot 120°, Turn to L side, L hand high block palm out, R palm strike, 40R/60L
66.	NW 10	Fair Lady Works the Shuttle - Right	Pivot 270°, Turn to R side, R hand high block palm out, L palm strike, 60R/40L, Sink
67.	SW 7	Fair Lady Works the Shuttle - Left	Pivot 90°, Turn to L side, L hand high block palm out, R palm strike, 40R/60L, Sink, #65
68.	SE 4	Fair Lady Works the Shuttle – Right	Pivot 270°, Turn to R side, R hand high block palm out, L palm strike, 60R/40L, Sink, #66
69.	N 12	Ward-Off Left	#3, Step out to prepare for double Ward-Off to R
70.	E 3	Grasping the Sparrow's Tail	#4: Double Ward-Off R, Roll Back, Press, Push
71.	W 9	Single Whip	#5
72.	N 12	Wave Hands Like Clouds	#35, Step W -Move from E to W
73.	W 9	Single Whip	#5
74.	W 9	Snake Creeps Down	Squat down on R leg, snake down L leg with L hand
75.	W 9	Golden Rooster Stands on Left Leg	R hand over raised R knee, L palm down at waist
76.	W 9	Golden Rooster Stands on Right Leg	Step back, L hand over raised L knee, R palm down at waist
77.	W 9	Step Back, Repulse Monkey - Right	#21, move W-E, step back with L leg, R palm forward
78.	W 9	Step Back, Repulse Monkey - Left	#22, move W-E, step back with R leg, L palm forward
79.	W 9	Step Back, Repulse Monkey - Right	#21
80.	NE 1	Diagonal Slant Flying	#24
81.	N 12	Raise Hands, Shoulder Stroke	#25
82.	W 9	White Crane Spreads Its Wings	#26