

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

#	Direction Facing	Name of Movement	Comments
83.	W 9	Brush Left Knee, Right Palm Strike	#27
84.	W 9	Pick Up Needle from Sea Bottom	#28
85.	N 12	Fan Through the Back	#29, R Palm strike to W
86.	E 3	White Snake Darts Out Tongue	Pivot, Back fist, R palm strike upward, L palm up at waist, 70R/30L
87.	E 3	Step Forward, Parry and Punch	#31
88.	NE 1	Ward-Off Left	#32
89.	E 3	Grasping the Sparrow's Tail	#33: Double Ward Off, Roll back, Press, Push
90.	W 9	Single Whip	#34
91.	N 12	Wave Hands Like Clouds	#35
92.	W 9	Single Whip	#36
93.	W 9	High Pat on Horse	#37
94.	W 9	Plain Crossed Hands	Step out L leg, 30R/70L, L hand jab palm up, R palm in L armpit
95.	E 3	Turn and Cross Kick	Pivot 180° to R, Cross Hands, Separate hands, Kick R heel, slap foot
96.	SE 4	Step Up, Punch Downward	#43
97.	NE 1	Ward-Off Left	#32
98.	E 3	Grasping the Sparrow's Tail	#33
99.	W 9	Single Whip	#34
100.	W 9	Snake Creeps Down	#74, Squat Down on R leg
101.	W 9	Step Up to Seven Stars	R leg steps forward, 10R/90L, Crossed fists in front
102.	W 9	Step Back to Tiger	R leg steps back, 90R/10L, R hand high, L hand at waist
103.	W 9	Lotus Kick	Pivot 360°, R leg Lotus Kick, Slap foot
104.	W 9	Draw the Bow and Shoot the Tiger	L to R waist pivot, 70R/30L, L fist straight forward, R fist at head
105.	W 9	Step Forward, Deflect, Parry and Punch	#15
106.	W 9	Apparent Withdraw then Push	#16
107.	N 12	Cross Hands	#17
108.	N 12	Conclusion	#1