

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

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| 56. Tiger Returns to Mountain | 83. Brush Left Knee and Push |
| 57. Grasping the Sparrow's Tail | 84. Needle at Sea Bottom |
| 58. Horizontal Single Whip | 85. Fan Through the Back |
| 59. Part Horse's Mane - Right | 86. White Snake Darts Tongue |
| 60. Part Horse's Mane - Left | 87. Parry and Punch |
| 61. Part Horse's Mane - Right | 88. Ward-Off Right |
| 62. Ward-Off Left | 89. Grasp Sparrow's Tail |
| 63. Grasping the Sparrow's Tail | 90. Single Whip |
| 64. Single Whip | 91. Wave Hands Like Clouds |
| 65. Fair Lady's Shuttle - Left | 92. Single Whip |
| 66. Fair Lady's Shuttle - Right | 93. High Pat on Horse |
| 67. Fair Lady's Shuttle - Left | 94. Plain Crossed Hands |
| 68. Fair Lady's Shuttle - Right | 95. Turn and Cross Kick |
| 69. Ward-Off Left | 96. Step Up, Punch Downward |
| 70. Grasping the Sparrow's Tail | 97. Ward-Off Right |
| 71. Single Whip | 98. Grasp Sparrow's Tail |
| 72. Wave Hands Like Clouds | 99. Single Whip |
| 73. Single Whip | 100. Snake Creeps Down |
| 74. Snake Creeps Down | 101. Step Up to Seven Stars |
| 75. Golden Rooster - Left Leg | 102. Step Back to Tiger |
| 76. Golden Rooster - Right Leg | 103. Lotus Kick |
| 77. Repulse Monkey - Right | 104. Draw Bow, Shoot Tiger |
| 78. Repulse Monkey - Left | 105. Deflect, Parry and Punch |
| 79. Repulse Monkey - Right | 106. Apparent Withdraw. Push |
| 80. Diagonal Slant Flying | 107. Cross Hands |
| 81. Raise Hands, Shoulder | 108. Conclusion |
| 82. White Crane Spreads Wings | |