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

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