

T'ai-Chi Ch'uan Long Form

1. Preparation.
2. Beginning.
3. Ward off with Left Hand.
4. Ward off with Right Hand.
5. Roll Back.
6. Press.
7. Push.
8. Single Whip.
9. Lift Hands.
10. Lean Forward.
11. The Crane Spreads its Wings.
12. Brush Knee Twist Step (L).
13. Hands Playing the P'i Pa.
14. Brush Knee Twist Step (L).
15. Brush Knee Twist Step (R).
16. Brush Knee Twist Step (L).
17. Hands Playing the P'i Pa.
18. Brush Knee Twist Step (L).
19. Chop with Fist.
20. Step Forward, Deflect Downward, Intercept, and Punch.
21. Withdraw and Push.
22. Crossing Hands.
23. Embrace the Tiger to Return to the Mountain.
- 24–27. Same as 5–8, oriented diagonally.
28. Looking at the Fist Under the Elbow.
29. Step Back to Repulse the Monkey.
- 30–33. Repeat 29 (L, R, L, R, respectively).
34. Diagonal Flying.
35. Raise hands
36. White Crane Spreads Wings
37. Brush Knee
38. Needle at Sea Bottom
39. Fan Through Back
40. Turn and Chop with Fist
41. Step Forward, Deflect Downward, Intercept, and Punch.
42. Step, Ward Off, Roll Back, Press, and Push
43. Single Whip
44. Cloud Hands (3 X)
45. Single Whip
46. High Pat on Horse
47. Separate Right Foot.
48. Separate Left Foot.
49. Turn and Strike with Heel.
51. Brush Knee L, and R.
52. Step Forward and Strike Downward.
53. Turn and Chop with Fist
54. Step Forward, Deflect Downward, Intercept, and Punch.
55. Right Foot Kicks Upward
56. Hit a Tiger at Left
57. Hit a Tiger at Right
58. Right Foot Kicks Upward
59. Strike Both Ears with Fists

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| 60. Left Foot Kicks Upward | 93. Raise hands |
| 61. Turn and Strike with Heel. | 94. White Crane Spreads Wings |
| 62. Chop with Fist. | 95. Brush Knee |
| 63. Step Forward, Deflect Downward, Intercept, and Punch. | 96. Needle at Sea Bottom |
| 64. Withdraw and Push. | 97. Fan Through Back |
| 65. Crossing Hands. | 98. Turn and White Snake Puts out Tongue |
| 66. Embrace the Tiger to Return to the Mountain. | 99. Step Forward, Deflect Downward, Intercept, and Punch. |
| 67. Step, Ward Off, Roll Back, Press, and Push | 100. Step, Ward Off, Roll Back, Press, and Push |
| 68. Horizontal Single Whip | 101. Single Whip |
| 69. Part Horse's Mane (L) | 102. Cloud Hands (3 X) |
| 70. Part Horse's Mane (R) | 103. Single Whip |
| 71. Part Horse's Mane (L) | 104. High Pat on Horse |
| 72. Ward Off L | 105. Cross Hands |
| 73. Step, Ward Off, Roll Back, Press, and Push | 106. Turn and Cross Legs |
| 74. Single Whip | 107. Brush Knee and Punch Down |
| 75–78. The Fairy Weaving at the Shuttle (Four Corners). | 108. Step, Ward Off, Roll Back, Press, and Push |
| 79. Ward Off L | 109. Single Whip |
| 80. Step, Ward Off, Roll Back, Press, and Push | 110. Downward Single Whip. |
| 81. Single Whip | 111. Step Forward to the Seven Stars of the Big Dipper. |
| 82. Cloud Hands | 112. Step Back to Ride the Tiger. |
| 83. Single Whip | 113. Turn the Body to Sweep the Lotus. |
| 84. Downward Single Whip. | 114. Bend the Bow to Shoot the Tiger. |
| 85. Golden Cock Stands on One Leg (R) | 115. Chop with Fist. |
| 86. Golden Cock Stands on One Leg (L) | 116. Step Forward, Deflect Downward, Intercept, and Punch. |
| 87–91. Step Back to Repulse the Monkey. (R, L, R, L, R) | 117. Step, Ward Off, Roll Back, Press, and Push |
| 92. Diagonal Flying | 117. Close Up |