



Berkshire Tai Chi



YANG Style: Long Form

Part 1

1. Beginning of Tai Chi
2. Ward off left
3. Double-handed Ward off
4. Grasp Sparrow's Tail
5. Push left, push right
6. Single whip
7. Lift hands
8. Ward off right
9. White Crane spreads its wings
10. Brush knee and push (right)
11. Play the lute
12. Brush knee and push (right)
13. Brush knee and push (left)
14. Brush knee and push (right)
15. Play the lute
16. Brush knee and push (right)
17. Step forward, deflect downwards, intercept and punch
18. Withdraw and push
19. Cross hands



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Part 2

20. Embrace tiger, return to the mountain
21. Grasp sparrow's tail
22. Diagonal push
23. Fist under elbow
24. Step back to repulse the monkey (5 times)
25. Diagonal flying posture
26. Lift hands
27. Ward off right
28. White Crane spread its wings
29. Brush knee and push (right)
30. Needle at sea bottom
31. Fan through the back
32. Turnaround and shoot
33. Step forward, deflect downwards, intercept and punch
34. Twist step, step forward, grasp sparrow's tail
35. Push left, push right
36. Single whip
37. Cloud hands (4 times)
38. Single whip
39. High pat on horse
40. Kick right
41. Kick left



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42. Turn around and kick with heel (left)
43. Brush knee and push (right)
44. Brush knee and push (left)
45. Step up and punch the ground
46. Turn around and shoot
47. Step forwards, deflect downwards, intercept and punch
48. Twist step and kick (right)
49. Guard left
50. Push right
51. Hit Tiger left
52. Hit Tiger right
53. Kick (right)
54. Double winds pierce ears
55. Kick (left)
56. Turnaround and kick with heel (right)
57. Step forward, deflect downwards, intercept and punch
58. Withdraw and push
59. Cross hands

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Part 3

60. Embrace Tiger, return to the mountain
61. Grasp sparrow's tail
62. Diagonal single whip
63. Part wild horse's mane (right)
64. Part wild horse's mane (left)
65. Part wild horse's mane (right)
66. Ward off left
67. Double hand ward off
68. Grasp sparrow's tail
69. Single whip
70. Fair lady works at shuttles (4 times)
71. Ward off left
72. Double hand ward off
73. Grasp sparrow's tail
74. Single whip
75. Cloud hands (3 times)
76. Single whip
77. Snake creeps down
78. Golden cockerel stands on one leg (right)
79. Golden cockerel stands on one leg (left)
80. Step back to repulse the monkey (right)



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81. Step back to repulse the monkey (left)
82. Step back to repulse the monkey (right)
83. Diagonal flying posture
84. Lift hands
85. White crane spreads its wings
86. Brush knee and push
87. Needle at sea bottom
88. Fan through the back
89. White snake turns body and sticks its tongue out
90. Step forward, deflect downwards, intercept and punch
91. Step forward and grasp the sparrow's tail
92. Single Whip
93. Cloud hands (twice)
94. Single whip
95. High pat on horse
96. Cross the palm
97. Turn around and kick with right sole
98. Punch the groin
99. Step forward and grasp the sparrow's tail
100. Single whip
101. Snake creeps down
102. Step up to the seven stars
103. Step back to ride the tiger



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104. Turn around and sweep the lotus
105. Bend the bow to shoot the tiger
106. Step forward, deflect downwards, intercept and punch
107. Withdraw and push
108. Cross Hands and close.