

Yang ChengFu Taiji LongForm (108 moves)

Black text = ShortForm

Blue text = add for LongForm

Section One

- 1 起勢 qǐ shì I prepare
- 2 右棚 yòu péng I ward off right
- 3 左棚 zuǒ péng I ward off left
- 4 攔雀尾 (棚,掙,擠,按) lánquèwěi (péng,lǚ,jǐ,àn) I grasp bird's tail (wardoff, pullback, press, push)
- 5 單鞭 dānbiān I single whip
- 6 提手 tí shǒu I raise hands
- 7 靠 kào I shoulder stroke
- 8 白鶴亮翅 bái hè liàng chì I white crane spreads wings
- 9 摟膝拗步 lōu xī ào bù I brush knee, twist step (L)
- 10 手揮琵琶 shǒu huī pí pá I play the pipa
- 11 摟膝拗步 lōu xī ào bù I brush knee, twist step (L)**
- 12 摟膝拗步 lōu xī ào bù I brush knee, twist step (R)**
- 13 摟膝拗步 lōu xī ào bù I brush knee, twist step (L)**
- 14 手揮琵琶 shǒu huī pí pá I play the pipa**
- 15 摟膝拗步 lōu xī ào bù I brush knee, twist step (L)
- 16 進步搬攔捶 jìn bù bān lán chuī I step up, block, parry, punch
- 17 如封似閉 rú fēng sì bì I seems to close
- 18 十字手 shí zì shǒu I cross hands

Section Two

- 1 抱虎歸山 bàohǔ guīshān | embrace tiger, return to mountain
- 2 斜步單鞭 xié bù dānbiān | diagonal single whip
- 3 仙人拂袖 xiānrén fú xiù | immortal sage waves sleeves
- 4 肘底捶 zhǒu dǐ chuí | fist guards elbow
- 5 倒攢猴（三） dào niǎn hóu | monkey backs off (L&Rx3)
- 6 斜飛 xié fēi | slanting flying
- 7 提手 tí shǒu | raise hands**
- 8 靠 kào | shoulder stroke**
- 9 白鶴亮翅 báihè liàng chì | white crane spreads wings**
- 10 摟膝拗步 lōu xī ào bù | brush knee, twist step (L)**
- 11 海底針 hǎi dǐ zhēn | needle at sea floor**
- 12 扇通背 shàn tōng bèi | fan through back**
- 13 撇身捶 piě shēn chuí | throw body blow**
- 14 進步搬攔捶 jìnbù bān lán chuí | step up, block, parry, punch**
- 15 攔雀尾 lán què wěi | grasp bird's tail**
- 16 單鞭 dānbiān | single whip**
- 17 雲手（四） yún shǒu | cloud hands (L&Rx3)
- 18 單鞭 dānbiān | single whip

Section Three

- 1 高探馬 gāo tàn mǎ | high pat on horse**
- 2 分腳(右) fēn jiǎo (yòu) | separate foot (R)
- 3 分腳(左) fēn jiǎo (zuǒ) | separate foot (L)
- 4 轉蹬腳 zhuǎn dèng jiǎo | turn, kick with heel

- 5 摟膝拗步 lōu xī ào bù | brush knee, twist step (L)
6 摟膝拗步 lōu xī ào bù | brush knee, twist step (R)
7 進步栽捶 jìn bù zāi chuí | step, bend, punch
8 白蛇吐信 báishé tù xìn | white snake spits tongue
9 進步搬攔捶 jìnbù bān lán chuí | step up, block, parry, punch
10 蹬腳 dèng jiǎo | kick with heel
11 左打虎 zuǒ dǎ hǔ | hit tiger (L&R)
12 蹬腳 dèng jiǎo | kick with heel
13 雙風貫耳 shuāng fēng guàn ěr | twin winds through ears
14 蹬腳 dèng jiǎo | kick with heel
15 轉蹬腳 zhuǎn dèng jiǎo | turn, kick with heel
16 進步搬攔捶 jìnbù bān lán chuí | step up, block, parry, punch
17 如封似閉 rú fēng sì bì | seems to close
18 十字手 shí zì shǒu | cross hands

Section Four

- 1 抱虎歸山 bào hǔ guī shān | embrace tiger, return to Mt
2 單鞭 dānbiān | single whip
3 野馬分鬃(右) yě mǎ fēn zōng | part wild horse's mane (R)
4 野馬分鬃(左) yě mǎ fēn zōng | part wild horse's mane (L)
5 野馬分鬃(右) yě mǎ fēn zōng | part wild horse's mane (R)
6 左棚 zuǒ péng | ward off left

7 攔雀尾 lán què wěi | grasp bird's tail

8 單鞭 dānbiān | single whip

9 玉女穿梭 yùnnǚ chuān suō | jade lady works shuttles 1

10 玉女穿梭 yùnnǚ chuān suō | jade lady works shuttles 2

11 玉女穿梭 yùnnǚ chuān suō | jade lady works shuttles 3

12 玉女穿梭 yùnnǚ chuān suō | jade lady works shuttles 4

13 左棚 zuǒ péng | ward off left

14 攔雀尾 lán què wěi | grasp bird's tail

15 單鞭 dān biān | single whip

16 雲手 (三) yún shǒu | cloud hands (R&Lx3)

17 橫截鞭 heng jie biān | transverse whip

18 單鞭 dānbiān | single whip

Section Five

1 蛇身下 shé shēn xià | snake body down

2 金雞獨立(勢) jīn jī dú lì | golden cock stands on left leg

3 金雞獨立(左) jīn jī dú lì | golden cock stands on right leg]*

4 倒攞猴 (三) dào niǎn hóu | monkey backs off (L&Rx3)

5 斜飛 xié fēi | slanting flying

6 提手 tí shǒu | raise hands

7 靠 kào | shoulder stroke

8 白鶴亮翅 báihè liàng chì | white crane spreads wings

9 摟膝拗步 lōu xī ào bù | brush knee, twist step (L)

10 海底針 hǎi dǐ zhēn | needle at sea floor

11 扇通背 shàn tōng bèi | fan through back

- 12 撇身捶 piě shēn chuí | throw body blow
- 13 進步搬攔捶 jìnbù bān lán chuí | step up, block, parry, punch
- 14 攔雀尾 lán què wěi | grasp bird's tail
- 15 單鞭 dānbiān | single whip]*
- 16 雲手 (三) yún shǒu | cloud hands (R&Lx3)
- 17 橫截鞭 heng jié biān | transverse whip
- 18 單鞭 dānbiān | single whip

Section Six

- 1 高探馬 gāo tàn mǎ | high pat on horse
- 2 斜步穿掌 xié bù chuān zhǎng | diagonal piercing palm
- 3 十字腿 shí zì tuǐ | cross kick
- 4 進步搬攔捶 jìnbù bān lán | step up, block, parry
- 5 指裆捶 zhǐ dāng chuí | punch groin
- 6 攔雀尾 lán què wěi | grasp bird's tail
- 7 單鞭 dānbiān | single whip
- 8 蛇身下 shé shēn xià | snake body down
- 9 上步七星 shàng bù qī xīng | step up, seven stars
- 10 退步跨虎 tuì bù kuà hǔ | step back astride tiger
- 11 轉身擺蓮 zhuǎn shēn bǎi lián | turn, lotus sweep
- 12 彎弓射虎 wān gōng shè hǔ | bend bow, shoot tiger
- 13 進步搬攔捶 jìnbù bān lán chuí | step up, block, parry, punch
- 14 如封似閉 rú fēng sì bì | seems to close
- 15 十字手 shí zì shǒu | cross hands
- 16 合太極 hé tài jí | conclusion of taiji Patrick A Kelly, © 9Clouds, Shanghai 2017