

Yang Style Tai Chi Long Form – Move List (with Pinyin)

DavidSchneider2026

1. **Two Hands Begin Tai Chi** (起式 Qǐ shì)
2. **Grasping the Bird's Tail** (揽雀尾 Lǎn què wěi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
3. **Single Whip** (单鞭 Dān biān)
4. **Raise Hands and Step Up** (提手上势 Tí shǒu shàng shì)
5. **Stork Flaps Its Wings** (白鹤亮翅 Bái hè liàng chì) (*also commonly called White Crane Spreads Its Wings*)
6. **Brush Knee Twist Step – Left Style** (左搂膝拗步 Zuǒ lōu xī ǎo bù)
7. **Playing the Lute** (手挥琵琶 Shǒu huī pí pá)
8. **Brush Knee Twist Step – Left Style** (左搂膝拗步 Zuǒ lōu xī ǎo bù)
9. **Brush Knee Twist Step – Right Style** (右搂膝拗步 Yòu lōu xī ǎo bù)
10. **Brush Knee Twist Step – Left Style** (左搂膝拗步 Zuǒ lōu xī ǎo bù)
11. **Playing the Lute** (手挥琵琶 Shǒu huī pí pá)
12. **Brush Knee Twist Step – Left Style** (左搂膝拗步 Zuǒ lōu xī ǎo bù)
13. **Parry and Punch** (进步搬拦捶 Jìn bù bān lán chuí)
14. **Cross Hands** (十字手 Shí zì shǒu)
15. **Connecting Move** (to right rear corner)
16. **Grasping the Bird's Tail** (揽雀尾 Lǎn què wěi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
17. **Single Whip** (单鞭 Dān biān) (with strike to the armpit with fingers – front left corner)
18. **Fist Under Elbow** (肘底捶 Zhǒu dǐ chuí) (step up with right foot, turn facing left direction)
19. **Retreat and Repulse the Monkey** (倒撵猴 Dào niǎn hóu) (seven times) ◦ Retreat and Repulse the Monkey – Left Style ◦ Retreat and Repulse the Monkey – Right Style ◦ Retreat and Repulse the Monkey – Left Style ◦ Retreat and Repulse the Monkey – Right Style ◦ Retreat and Repulse the Monkey – Left Style ◦ Retreat and Repulse the Monkey – Right Style ◦ Retreat and Repulse the Monkey – Left Style
20. **Slant Flying** (斜飞势 Xié fēi shì)
21. **Raise Hands and Step Up** (提手上势 Tí shǒu shàng shì)
22. **Stork Flaps Its Wings** (白鹤亮翅 Bái hè liàng chì)
23. **Brush Knee Twist Step – Left Style** (左搂膝拗步 Zuǒ lōu xī ǎo bù)
24. **Picking the Needle from the Sea Bottom** (海底针 Hǎi dǐ zhēn)
25. **Fan Through Back** (扇通背 Shàn tōng bèi)
26. **Turn Around and Block with Fist** (转身白蛇吐信 Zhuǎn shēn bái shé tǔ xìn)
27. **Parry and Punch** (进步搬拦捶 Jìn bù bān lán chuí)
28. **Step Through and Grasping the Bird's Tail** (上步揽雀尾 Shàng bù lǎn què wěi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
29. **Single Whip** (单鞭 Dān biān)
30. **Waving Hands in Clouds** (云手 Yún shǒu) (nine times) ◦ Waving Hands in Clouds – Left Style ◦ Waving Hands in Clouds – Right Style ◦ (repeat pattern as needed)
31. **Single Whip** (单鞭 Dān biān)
32. **High Pat on Horse** (高探马 Gāo tàn mǎ) (sit on right leg and strike throat with right knife-edge hand)
33. **Separation Kick – Right Foot** (分脚 Fēn jiǎo) (step to the left and kick with right foot – knife edge)

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34. **Separation Kick – Left Foot** (分脚 Fēn jiǎo) (step to the right and kick with left foot – knife edge)
35. **Turn Around and Kick with Sole of Left Foot** (转身蹬脚 Zhuǎn shēn dēng jiǎo)
36. **Brush Knee Twist Step – Left Style** (左搂膝拗步 Zuǒ lōu xī ǎo bù)
37. **Brush Knee Twist Step – Right Style** (右搂膝拗步 Yòu lōu xī ǎo bù)
38. **Advance and Punch Downward** (进步下击 Jìn bù xià jī) (with right fist to strike left thigh)
39. **Turn Around and Block with Right Fist** (转身白蛇吐信 Zhuǎn shēn bái shé tǔ xìn)
40. **Step Through and Parry and Punch** (进步搬拦捶 Jìn bù bān lán chuí)
41. **Cross Hands and Kick with Right Foot** (十字手蹬脚 Shí zì shǒu dēng jiǎo)
42. **Step Forward and Press** (right hand high, left hand low – to the left)
43. **Step to Right Rear Corner and Press** (left hand high, right hand low)
44. **Turn and Step 180° to Left Front Corner and Press** (right hand high, left hand low)
45. **Sit Back on Left Leg, Cross Hands and Kick with Right Sole** (十字手蹬脚 Shí zì shǒu dēng jiǎo)
46. **Twin Fists Strike Opponent's Ears** (双峰贯耳 Shuāng fēng guàn ěr) (fists circle from waist to strike temples with both fists – front left corner)
47. **Cross Hands and Kick with Left Sole** (to the left) (十字手蹬脚 Shí zì shǒu dēng jiǎo)
48. **Spin Around and Kick with Right Sole** (转身蹬脚 Zhuǎn shēn dēng jiǎo)
49. **Parry and Punch** (进步搬拦捶 Jìn bù bān lán chuí)
50. **Cross Hands** (十字手 Shí zì shǒu)
51. **Step to Right Rear Corner into Grasping the Bird's Tail** (上步揽雀尾 Shàng bù lǎn què wěi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
52. **Single Whip** (单鞭 Dān biān) (to front left corner)
53. **Part the Wild Horse's Mane – Right Style** (野马分鬃 Yě mǎ fēn zōng)
54. **Part the Wild Horse's Mane – Left Style** (野马分鬃 Yě mǎ fēn zōng)
55. **Part the Wild Horse's Mane – Right Style** (野马分鬃 Yě mǎ fēn zōng)
56. **Step Forward to Grasping the Bird's Tail** (上步揽雀尾 Shàng bù lǎn què wěi) (starting position as in the beginning) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
57. **Single Whip** (单鞭 Dān biān)
58. **Connecting Move to Fair Lady Works the Shuttles** (四角玉女穿梭 Sì jiǎo yù nǚ chuān suō) Turn your left foot with weight on left side to the right and bring your left palm to right armpit. Open up the right hand palm up and slide the left palm underneath the right arm and step forward with left leg.
59. **Fair Lady Works the Shuttles – Left Style** (玉女穿梭 Yù nǚ chuān suō)
60. **Fair Lady Works the Shuttles – Right Style** (玉女穿梭 Yù nǚ chuān suō)
61. **Fair Lady Works the Shuttles – Left Style** (玉女穿梭 Yù nǚ chuān suō)
62. **Fair Lady Works the Shuttles – Right Style** (玉女穿梭 Yù nǚ chuān suō)
63. **Sit Back and repeat Grasping the Bird's Tail** (揽雀尾 Lǎn què wěi) (as in the beginning of Tai Chi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
64. **Single Whip** (单鞭 Dān biān)

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65. **Waving Hands in Clouds** (云手 Yún shǒu) (seven times) ◦ Waving Hands in Clouds – Left Style ◦ Waving Hands in Clouds – Right Style ◦ (repeat pattern)
66. **Single Whip Creeps Down – Left Style** (下势 Xià shì)
67. **Golden Rooster Stands on One Leg – Left Style** (金鸡独立 Jīn jī dú lì)
68. **Golden Rooster Stands on One Leg – Right Style** (金鸡独立 Jīn jī dú lì)
69. **Retreat and Repulse the Monkey** (倒撵猴 Dào niǎn hóu) (five times) ◦ Retreat and Repulse the Monkey – Left Style ◦ Retreat and Repulse the Monkey – Right Style ◦ Retreat and Repulse the Monkey – Left Style ◦ Retreat and Repulse the Monkey – Right Style ◦ Retreat and Repulse the Monkey – Left Style
70. **Slant Flying** (斜飞势 Xié fēi shì)
71. **Raise Hands and Step Up** (提手上势 Tí shǒu shàng shì)
72. **Stork Flaps Its Wings** (白鹤亮翅 Bái hè liàng chì)
73. **Picking the Needle from the Sea Bottom** (海底针 Hǎi dǐ zhēn)
74. **Fan Through Back** (扇通背 Shàn tōng bèi)
75. **Turn Around and Block with Fist** (转身白蛇吐信 Zhuǎn shēn bái shé tǔ xìn)
76. **Parry and Punch** (进步搬拦捶 Jìn bù bān lán chuí)
77. **Step Through and Grasping the Bird's Tail** (上步揽雀尾 Shàng bù lǎn què wěi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
78. **Single Whip** (单鞭 Dān biān)
79. **Waving Hands in Clouds** (云手 Yún shǒu) (five times) ◦ Waving Hands in Clouds – Left Style ◦ Waving Hands in Clouds – Right Style ◦ (repeat pattern)
80. **Single Whip** (单鞭 Dān biān)
81. **Fan Through Back** (扇通背 Shàn tōng bèi) (with fingers to throat strike)
82. **Turn Around Clockwise 180° and Kick with Right Sole** (转身蹬脚 Zhuǎn shēn dēng jiǎo)
83. **Step Forward with Right Foot, Brush Right Knee, Step Through with Left Foot and Punch with Right Fist** (to opponent's left thigh muscle) (进步下击 Jìn bù xià jī)
84. **Step Through and Grasping the Bird's Tail** (上步揽雀尾 Shàng bù lǎn què wěi) ◦ Warding Off ◦ Pulling Sideways (Rollback) ◦ Pressing Forward ◦ Pushing Away
85. **Single Whip** (单鞭 Dān biān)
86. **Single Whip Creeps Down** (下势 Xià shì)
87. **Step Up to Form Seven Stars** (上步七星 Shàng bù qī xīng)
88. **Retreat to Ride the Tiger** (退步跨虎 Tuì bù kuà hǔ)
89. **Turn (Spin) Around and Kick** (转身蹬脚 Zhuǎn shēn dēng jiǎo)
90. **Bend the Bow to Shoot the Tiger** (弯弓射虎 Wān gōng shè hǔ)
91. **Parry and Punch** (进步搬拦捶 Jìn bù bān lán chuí)
92. **Cross Hands** (十字手 Shí zì shǒu)
93. **Two Hands End Tai Chi** (收势 Shōu shì) (Closing Form)