

Longform

- 1.
1. The ready style
2. The Tai Chi beginning style
3. The seven stars style
4. Grasping the bird's tail
5. The single whip
6. Flying oblique
7. Raise hands and step up
8. White crane flaps its wings
9. Brush knee twist step
10. The seven stars style
11. Brush knee twist step x3
12. The seven stars style
13. Stroke the lute
14. Step up parry and punch
15. As if shutting a door
16. Embrace tiger and return to mountain
17. Cross hands
18. Oblique brush knee twist step
19. Turn body brush knee twist step
20. The seven stars style
21. Grasping the bird's tail
22. Oblique single whip
- 2.
23. Fist under elbow
24. Step back and repulse monkey x3
25. Flying oblique
26. Raise hands and step up
27. White crane flaps its wings
28. Brush knee twist step
29. The seven stars style
30. Needle at sea bottom
31. Fan through the back
32. Turn body and swing fist
33. Step back parry and punch
34. Step up grasping the bird's tail
35. The single whip
36. Wave hands in clouds
37. The single whip
- 3.
38. Pat the horse high
39. Left Drape Body
40. Right Separate legs
41. Pat the horse high
42. Right drape body
43. Left Separate leg
44. Turn around and kick with the heel
45. Brush knee twist step x2
46. Step forward and plant punch
47. Turn body and swing fist
48. Step up and pat the horse high
49. Left drape body
50. Right separate legs
51. Step back seven stars style
52. Step back to strike the tiger
53. Twist the body and kick
54. Box the ears
55. Right drape body
56. Left separate legs
57. Turn round and kick with the heel
58. Swing the fist
59. Step up parry and punch
60. As if shutting a door
61. Embrace tiger and return to mountain
62. Cross hands
63. Turn body brush knee twist step
64. Oblique brush knee twist step
65. The seven stars style
66. Grasping the bird's tail
67. Oblique single whip
- 4.
68. The seven stars style
69. Parting the wild horse's mane
70. The seven stars style
71. Parting the wild horse's mane x3
72. The seven stars style
73. Parting the wild horse's mane
74. Fair lady works at shuttle x2
75. The seven stars style
76. Parting the wild horse's mane
77. Fair lady works at shuttle x2
78. The seven stars style
79. Grasping the bird's tail
80. The single whip
81. Wave hands in clouds
82. The single whip
- 5.
83. Snake creeps down
84. Golden cockerel stands on one leg x2
85. Step back and repulse monkey x3
86. Step aside flying oblique
87. Raise hands and step up
88. White crane flaps its wings
89. Brush knee twist step
90. The seven stars style
91. Needle at sea bottom
92. Fan through the back
93. Turn body and swing fist
94. Step up parry and punch
95. Step up grasping the bird's tail
96. The single whip
97. Wave hands in clouds
98. The single whip
- 6.
99. Pat the horse high
100. Slap the face
101. Cross and single hand sweep lotus leg
102. Brush knee twist step
103. Step up to punch the groin
104. Step up grasping the bird's tail
105. The single whip
106. Snake creeps down
107. Step up seven stars
108. Step back to ride the tiger
109. Turn body and slap the face
110. Turn body and double hand sweep lotus leg
111. Draw the bow to shoot the tiger
112. Pat the horse high
113. Slap the face
114. Turn body and swing fist
115. Step up to pat the horse high
116. Step up grasping the bird's tail
117. The single whip
118. Tai Chi at rest
119. Completion style