

Linda's T'ai Chi Ch'uan Postures Yang Style long form

Section 1

Preparatory position – Breathe
Open the door
Raise right arm as you sink
deeper
Pivot
Ward-off
Embrace peacock's tail
Single whip
Close hands
White crane spreads its wings
Brush left knee and push
Follow through
Play the guitar
Brush left knee and push
Brush right knee and push
Brush left knee and push
Follow through
Play the guitar
Brush left knee and push

Sun follows the moon
Empty Step forward and shift
weight as you punch through
Retreat and seal (over under)
Cross hands-cross of wings-
pivot on left heel
Breathe

Section 2

Carry tiger to
mountain-pivot/hold
the ball/step wide
Brush Left knee
Open palm to
embrace peacock's
tail
Push to flat circle over
belly to corner
Step on blue line- 2
scoops to Fist under
the elbow
Repulse the monkey
Ball of Rt foot Slant
Flying
Close hands
White crane spreads
its wings
Brush left knee and
push
Needle at the bottom
of the sea

Position arms and
shift weight as you
push
Pivot & raise left arm
Lower RT fist near the
waist
Heaven and earth-
Step forward and cut
like knife
Sun follows the moon
Empty step left as you
punch through to
embrace peacock's
tail
Shift weight left to
Single whip
Cloud hands
Single Whip
High pat on horse
Cross of wings-Rt side
soft kick
Cross of wings- Lft

side soft kick
Left ball of foot behind
Rt heel, Twizzle to
cross of wings and
hard kick left heel
Empty step to Brush
left knee and push
Brush right knee and
push
Turn Rt palm up,
empty step and
punch down as you
shift weight
Pivot while raising left
arm and
(Rotate fist palm
down to waist)
Heaven & earth to cut
like knife
Sun follows the moon
Empty Step lft foot
and punch

Touch the wall (cross
of wings at wrist)
Right hard heel kick-
circle hands to Strike
the tiger LEFT
Slip sliding away
Rotate to right
Strike the Tiger:
RIGHT
Sit back left side to
hard kick
Scoop to hold the
teacup
Double wind through
the ears
(weight forward) Left
heel kick

Section 2 Continued

Turn- plant left foot behind right and twizzle on right ball (to T step) □

Hard Kick Right foot

Empty Step forward and punch through

Retreat and Seal (slide on heel facing front)

Cross of wings

Breathe

Section 3

Carry tiger to mountain
Brush left knee
Embrace peacock's tail
Diagonal single whip
Wild horse separates its mane
Step to diagonal to ward-off
Embrace the peacock's tail
Single whip
Fair lady at the shuttle / 4-corners
Ward-off to Embrace the peacock's tail
Single whip
Cloud hands
Single whip
Single whip – lower posture
Golden cock stands on one leg
Repulse the monkey

Slant Flying
Close Hands
White crane spreads its wings
Brush left knee and push
Needle at the bottom of the sea
Raise arms and push

White snake strikes his tongue
Hands glide like silk
Heaven and Earth/cut like knife
Sun follows the moon-punch through-pull apart
Embrace the peacock's tail
Single whip
Cloud hands
Single whip
High pat on horse

Thrust out palm
Pivot to Rt (180) and Kick
Step forward and punch groin
Embrace the peacock's tail –
 (with follow step)
Single whip
Single whip – lower posture
Step up to 7 stars
Step back and ride tiger
Turn around and slap-kick
Pull bow and shoot tiger
Step forward and punch
Retreat and seal

Cross hands – cross of wings
Tai Chi Ch'uan, ending movement