

## 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