

Tai Chi Long Form (Wudang)

Alan Austin 12/2014

Section One

1. The ready style (Wu Chi)
2. The Tai Chi beginning style
(*Vanguard arms, Extend the arms*)
3. The seven stars style
4. Grasping the bird's tail
5. The single whip
6. Flying oblique
7. Raise hands and step up
(*Single then Double seize the legs*)
8. White crane flaps its wings
(*Break arm style*)
9. Brush knee twist step
10. The seven stars style (left)
11. Brush knee twist step (x3)
12. The seven stars style (left)
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

Section 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 (left)
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
(*reverse seven stars*)
35. The single whip
36. Wave hands in clouds (turning hands)
37. The single whip

Section 3

38. Pat the horse high (left)
39. Left Drape Body
(*seperate hands*)(*tiger embraces head*)
40. Right Separate legs
41. Pat the horse high (right)
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 (left)
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 fist
59. Step up, parry and punch
60. As if shutting a door
61. Embrace tiger and return to mountain

62. Cross hands
64. 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

Section 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
75. The seven stars style
76. Parting the wild horse's mane
77. Fair lady works at shuttle
78. The seven stars style
79. Grasping the bird's tail
80. The single whip
81. Wave hands in clouds (turning hands)
82. The single whip

Section 5

83. Snake creeps down
84. Golden cockerel stands on one leg
(*white snake spits out its tongue*)
85. Step back and repulse monkey (x3)
(*Golden cockerel on one leg left*)
86. Step aside, flying oblique
87. Raise hands and step up
(*double seizing legs*)
88. White crane flaps its wings
89. Brush knee twist step
90. The seven stars style (left)

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 (turning hands)
98. The single whip

Section 6

99. Pat the horse high (left)
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 (left)
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