

Tai Chi Chuan Symmetrical Long Form

Section 1

1	N	Opening of the Solo Form
2	N	Beginning
3	N	Right Ward Off
4	N	Left Ward Off
5	E	Grasp Sparrow's Tail Right - Ward Off/Roll Back/Press/Push
6	W	Single Whip
7	N	Raise Hands
8	N	Dragon Turns Head - Pull Down/Split/Elbow/Shoulder
8	W	White Stork Cools Wings
10	S	Left Ward Off
11	S	Right Ward Off
12	E	Grasp Sparrow's Tail Left - Ward Off/Roll Back/Press/Push
13	W	Single Whip
14	S	Raise Hands
15	S	Dragon Turns Head - Pull Down/Split/Elbow/Shoulder
16	W	White Stork Cools Wings
17	W	Brush Knee and Push - Right
18	W	Play the Lute
19	W	Brush Knee and Push - Right
20	W	Deflect, Parry and Punch
21	W	Withdraw and Push
22	W	Brush Knee and Push - Left
23	W	Play the Lute
24	W	Brush Knee and Push - Left
25	W	Deflect, Parry and Punch
26	W	Withdraw and Push
27	N	Turn To Cross Hands

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Section 2			Section 3
1	N	Ride the Tiger	N
2	SW	Carry Tiger to Mountain	SE
3	SW	Grasp Sparrow's Tail	SE
4	E	Turning Single Whip	W
5	E	Fist Under Elbow	W
6	E	Step Back and Repulse Monkey - 4	W
7	SW/NW	Diagonal Flying -2	SW/NE
8	NW	Thunder Strike	NE
9	N	Raise Hands	N
10	N	Twin Dragons Turns Head	N
11	E	White Stork Cools Wings	E
12	E	Brush Knee and Push Right	W
13	E	Needle at the Sea Bottom	W
14	E	Fan Through the Back	W
15	SW	Turn to Corner, Chop with Fist	SE
16	W	Deflect, Parry and Punch	E
17	W	Step up to Grasp Sparrow's Tail	E
18	E	Single Whip	W
19	N	Cloud Hands - 4	N
20	E	Single Whip	W
21	E	Step Up to High Pat on Horse	W
22	SE	Single Hand Ward Off / Separation of Leg	SW
23	W	Turn and Kick with Heel	E
24	W	Brush Knee and Push - 2	E
25	W	Brush Knee and Punch Downward	E
26	SE	Turn, Penetrating Palms	SW
27	E	Deflect, Parry and Punch	E
28	E	Step Up to High Pat on Horse	W
29	NE	Single Hand Ward Off / Separation of Leg	NW
30	W	Turn and Kick with Heel	E
31	W	Brush Knee and Push - 2	E
32	W	Brush Knee and Punch Downward	E
33	NE	Turn, Penetrating Palms	NW
34	E	Deflect, Parry and Punch	W
35	SE	High Kick	SW
36	SW	Riding Step to Hit Tiger	SE
37	NE	Turn High Kick	NW
38	NW	Riding Step to Hit Tiger	NE
39	NW	Scissor Hands and Toe Kick	NE
40	NW	Wind Fills Ears	NE
41	SE	Turn and Toe Kick	SW
42	SE	Wind Fills Ears	SW
43	SE	Embracing Arms	SW
44	E	Spin and Kick with Heel	W
45	E	Deflect, Parry and Punch	W
46	E	Withdraw and Push	W
47	N	Turn and Cross Hands	N

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Section 4			Section 5
1	SW	Carry the Tiger to Mountain	SE
2	SW	Roll Back, Press and Push	SE
3	N	Single Whip	N
4	W	Parting Horses Mane - 4	E
5	W	Grasp Sparrow's Tail	E
6	E	Single Whip	
7	NW/SW/SE/NE	Fair Lady Works at Shuttles	SW/NW/NE/SE
8	N	Single Hand Ward Off	N
9	W	Grasp Sparrow's Tail	E
10	E	Single Whip	W
11	N – going E	Middle Cloud Hands - 4 cat washes face, monkey offers fruit, snake hand	N – going W
12	E	Single Whip	W
13	E	Snake Creeps Down	W
14	E	Golden Rooster Stands on One Leg	W
15	E	Snake Creeps Down	W
16	E	Golden Rooster Stands on One Leg	W
17	E	Cross Kick - 2	W
18	NE/SE	Big Pull Back - 4	NW/SW
19	SE/NW	Diagonal Flying - 2	SW/NE
20	NW	Thunder Strike	NE
21	N	Raise Hands	N
22	N	Dragon Turns Head	N
23	E	White Stork Cools Wings	W
24	E	Right Brush Knee and Push	W
25	E	Needle at Sea Bottom	W
26	E	Fan Through the Back	W
27	W	Hawk - 2	E
28	E	Single Whip	W
29	N – going E	High Cloud Hands – Eagle Piercing Sky	N – going W
30	E	Single Whip	W
31	E	Deflect, Parry and Punch	W
32	E	Withdraw and Push	W
33	N	Turn and Cross Hands	N

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Section 6

1	N	Press Down Mt Tai
2	NE	Right Piercing Hand
3	NW	Left Piercing Hand
4	W	High Pat on Horse
5	W	Single Whip
6	W	White Snake Darts Out Tongue
7	E	Turn and Kick with Right Toe
8	E	Brush Knee and Punch
9	E	Deflect and Parry
10	NE	Punch with Locked Fists
11	SE	Turn and Thrust Both Hands
12	SE	Dragon Rolls Around
13	SE	Two Tigers Spring at Sheep
14	SE	Panther Steals the Heart
15	SE	White Tiger Pushes Mountain
16	W	Single Whip
17	W	High Pat on Horse
18	W	White Snake Darts Out Tongue
19	E	Turn and Kick with Toe
20	E	Brush Knee and Punch
21	E	Deflect and Parry
22	SE	Punch with Locked Fists
23	NE	Turn and Thrust Both Hands
24	NE	Dragon Rolls Around
25	NE	Two Tigers Spring at Sheep
26	NE	Panther Steals the Heart
27	NE	White Tiger Pushes Mountain
28	W	Single Whip
29	W	Snake Creeps Down Left
30	W	Step Up to Form Seven Stars
31	W	Retreat to Ride the Tiger
32	W	Spin and Sweep the Lotus
33	SW	Pull the Bow to Shoot the Tiger
34	W	Step Up, Deflect, Parry and Punch
35	W	Withdraw and Push
36	W	Step Back, Snake Creeps Down
37	W	Step Up to Form Seven Stars
38	W	Retreat to Ride the Tiger
39	W	Spin and Sweep the Lotus
40	NW	Pull the Bow to Shoot the Tiger
41	W	Step Up, Deflect, Parry and Punch
42	W	Withdraw and Push
43	N	Turn and Cross Hands
44	N	Closing of Tai Chi Long Form