



# THE TAI CHI CENTRE

## LONG FORM

1. Attention
2. Preparation
3. Beginning
4. Ward off left
5. Ward off right
6. Roll Back
7. Press
8. Push
9. Single whip
10. Lifting hands
11. Shoulder stroke
12. White crane spreads wings
13. Brush left knee and push
14. Play guitar
15. Brush left knee and push
16. Brush right knee and push
17. Brush left knee and push
18. Play guitar
19. Brush left knee and push
20. Step forward, deflect downward, intercept and punch
21. Withdraw and push
22. Crossing hands
23. Embrace tiger, return to mountain
24. Roll back
25. Press
26. Push
27. Diagonal Single Whip
28. Punch under elbow
29. Step back to repulse monkey (R)
30. Step back to repulse monkey (L)
31. Step back to repulse monkey (R)
32. Step back to repulse monkey (L)
33. Step back to repulse monkey (R)
34. Diagonal flying
35. Lifting hands
36. Shoulder stroke
37. White crane spreads wings
38. Brush left knee and push
39. Needles at sea bottom
40. Iron fan penetrates back
41. Turn body, chop and push
42. Step forward, deflect downward, intercept and punch
43. Flat fist and cut (L)
44. Ward off left
45. Ward off right
46. Roll Back
47. Press
48. Push
49. Single whip
50. Waving hands in clouds (R)
51. Waving hands in clouds (L)
52. Waving hands in clouds (R)
53. Waving hands in clouds (L)
54. Waving hands in clouds (R)
55. Waving hands in clouds (L)
56. Single whip
57. High pat on horse
58. Separate right foot
59. Separate left foot
60. Turn round and kick with heel (L)
61. Brush left knee and push
62. Brush right knee and push
63. Brush left knee and punch down
64. Turn body, chop and push
65. Step forward, deflect downward, intercept and punch
66. Kick upwards (R)
67. Strike tiger (L)
68. Strike tiger (R)
69. Kick upwards (R)
70. Strike tiger's ears
71. Kick with heel (L)
72. Turn and kick with heel (R)
73. Step forward, deflect downward, intercept and punch
74. Withdraw and push
75. Crossing hands
76. Embrace tiger, return to mountain



LONG FORM

77. Roll back
78. Press
79. Push
80. Diagonal Single Whip
81. Parting wild horses mane (R)
82. Parting wild horses mane (L)
83. Parting wild horses mane (R)
84. Parting wild horses mane (L)
85. Parting wild horses mane (R)
86. Cup elbow and horizontal split
87. Ward Off Left
88. Ward Off Right
89. Roll Back
90. Press
91. Push
92. Single whip
93. Fair lady weaves shuttles (L)
94. Fair lady weaves shuttles (R)
95. Fair lady weaves shuttles (L)
96. Fair lady weaves shuttles (R)
97. Ward Off Left
98. Ward Off Right
99. Roll Back
100. Press
101. Push
102. Single whip
103. Waving hands in clouds (R)
104. Waving hands in clouds (L)
105. Waving hands in clouds (R)
106. Waving hands in clouds (L)
107. Waving hands in clouds (R)
108. Waving hands in clouds (L)
109. Single whip
110. Squatting single whip
111. Golden rooster stands on one leg (L)
112. Golden rooster stands on one leg (R)
113. Step back to repulse monkey (R)
114. Step back to repulse monkey (L)
115. Step back to repulse monkey (R)
116. Step back to repulse monkey (L)
117. Step back to repulse monkey (R)
118. Diagonal flying
119. Lifting hands
120. Shoulder stroke
121. Hammer
122. Lifting hands
123. Elbow strike
124. Shoulder stroke
125. White crane spreads wings
126. Brush left knee and push
127. Needles at sea bottom
128. Iron fan penetrates back
129. Turn body, whitesnake puts out tongue, push
130. Step forward, deflect downward, intercept and punch
131. Flat fist and cut
132. Ward Off Left
133. Ward Off Right
134. Roll Back
135. Press
136. Push
137. Single whip
138. Waving hands in clouds (R)
139. Waving hands in clouds (L)
140. Waving hands in clouds (R)
141. Waving hands in clouds (L)
142. Waving hands in clouds (R)
143. Waving hands in clouds (L)
144. Single whip
145. High pat on horse
146. Thrusting palm
147. Turn and kick with heel (R)
148. Parry, brush left knee, punch to groin
149. Flat fist and cut
150. Ward Off Left
151. Ward Off Right
152. Roll Back
153. Press
154. Push
155. Single whip
156. Squatting single whip
157. Step forward to the seven stars
158. Step back to ride tiger
159. Turn body and sweep lotus with leg
160. Bend bow to shoot tiger
161. Step forward, deflect downward, intercept and punch
162. Withdraw and push
163. Crossing hands
164. Conclusion
165. Attention