Tai Chi Chuan Movements- Long Form, Yang Style

From Master Fong Ha
Adapted by Michael Mayer for Bodymind Healing Tai Chi

1st Cross Hands

0 Wuji Stance

1. 1st class: a.) Wuji Standing Meditation, b. Commencement c.) Holding Golden Balls in the Waters of Life d.)Taoist Immortal Paints the Heavenly Rainbow, e.) Grasping the Birds Tail

2. 2nd Class: a.) Double Ward off b.) Rollback, Press, and Push,

3. 3rd Class: a.) Power Transition b.) Bagua Fish c.) Single Whip

4. 4th Class: a.) Lifting Hands (Playing the Guitar) b.) Shoulder Stroke (Healing the Liver) c.) White Crane Spreads Wings

5.) 5th Class: a.) Brush Knee Forward b._ Step Forward and Punch

6.) 6th Class: a.) Apparent Closeup (taking a fly off your elbow), 27:48 b.) Embracing the Tiger (Crossing Hands)

Second Cross Hands

7th Class: a. Embracing the Tiger Returning to the Mountain b.) Bagua Fish c. Fist under elbow

8th Class Repulse Monkey {Is Fist Under elbow in the Previous class or here?}

9th Class: a.) Finding the Pearl at the Bottom of the Sea b). Fan through the Mountain

10th Class: a.) 180 degree turn with whip punch b.) Six Strikes/ Punches c.) Single ward off to right and left step forward and punch d.) Single Whip

11th Class: a.) Cloud Hands b.) Single whip c.) High Pat on Horse D. Double Ward off E.) Butterfly kick

12th Class: a.) Turn 180 degrees and heel kick, b.) Brush Knee forward and low punch c. Turn 180 degrees c. Step forward and Punch d.) Unfurling Open the Heart and heel kick

13th Class: Unfurling heart and heel kick a.) Taming the Tiger low b.) Taming the Tiger high c.) Taming the Tiger twisting fist

14th Class: a.) Step back and heel kick b.) Emptying the bucket c. Double Wind fills the Ears d.) Left heel Kick and turn 360 degrees e.) Right Heel Kick step Forward and Punch f.) Apparent Close up-Take a fly off your Elbow, Push g.) Turn and Embrace the Tiger

3rd Cross Hands:

15th Class: a.) Embracing the Tiger, Return to Mountain B.) Turn 45 degrees to the Right and with Left Hand Out Brush Knee Forward c.) Roll Back, Press, Push d.) Turn to Opposite 45 degree Direction and Single Whip e.) Turn back to first 45 degree direction and Slant Flying three times with stepping forward f.) Roll Back, Press, Push and Single Whip G.) Four Corners (Fair lady Weaves the Shuttles) H. Single Whip

16th Class: a.) Snake Creeps Low, b.) Golden Rooster Stands on One Leg-Right Knee up, then Left Knee up c.) Repulsing the Monkey-five times

17th class: A.) Wild Horse Parts Mane (Slant Flying) and Lifting Hands, Shoulder Stroke b.) White Crane Spreads Wings c.) Grasping the Pearl at the Bottom of the Sea e.) Fan through the Mountain f. Turn 180 degrees and three steps forward and Low Punch g.) Single Ward off to the Left and Right h.) Step Forward and Double Ward Off, Press, Push i.) Single Whip j. High Pat on Horse

New k.) White Snake sticks out it's Tongue l.) Turn 180 ° and Right heel kick m.) Dragon Step n.) Step Forward and Low Punch o.) Single Ward off Right and Left p.) Step Forward, Roll Back, Press, Push q.) Single Whip

18th Class: a.) Snake Creeps Low b.) Step Forward to Seven Stars c.) White Crane Spreads Wings Right and Left d.)Turn 360 ° with White Dove Flying Around e.) Double Lotus Kick F.) Bend the Bow G.) Shoot the tiger H.) Deer Rutting Left and Right

19th Class: a.) Double Lotus Kick b.) Deer Rutting Left and Right c.) Bend the Bow Shoot the Tigger, Bend the Bow D.) Step Forward and Punch, Apparent Close Up, Push E.) Turn back to Front Embrace the Tiger and Return to Mountain F.) Return to Wuji

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To learn more about the meanings of the Taiji Chuan movements see, ***Secrets to Living Younger Longer: The Self-Healing Path of Qigong****, Standing Meditation, and Tai Chi* (Mayer, 2004) and the accompanying ***Bodymind Healing Qigong DVD*****,** or learn much more at: **www.bodymindhealing-taichiqigong.com**.