

Xin Qi Shen Dojo

Yang Taiji Long Form



	<i>comfortable</i>	<i>soft</i>	<i>smooth</i>
Section 1			
0. Preparation		Wuji	N
1. Opening		Chi shih	N
2. Right Ward-off		Yo Peng	N
3. Left Ward-off		Zuo Peng	N
4. Grasping Sparrow's Tail <i>- ward off, roll back, press, push</i>		Lan Ch'iao Wei <i>peng, lu, ji, an</i>	E
5. Single Whip		Dan Bien	W
6. Raise Hands		Ti Shou Shang Shih	N
7. Dragon Turns Head <i>- pull down, split, elbow, shoulder</i>		Lung Hui Tou <i>cai, liea, jo, kou</i>	N
8. White Stork Cools Wings		Bai Hou Liang-ch'ih	W
9. Left Ward-off		Zuo Peng	S
10. Right Ward-off		Yo Peng	S
11. Grasping Sparrow's Tail <i>- ward off, roll back, press, push</i>		Lan Ch'iao Wei <i>peng, lu, ji, an</i>	E
12. Single Whip		Dan Bien	W
13. Raise Hands		Ti Shou Shang Shih	S
14. Dragon Turns Head <i>- pull down, split, elbow, shoulder</i>		Lung Hui Tou <i>cai, liea, jo, kou</i>	S
15. White Stork Cools Wings		Bai Hou Liang-ch'ih	W
16. Brush Knee and Push		Lou Shih Au Bu	W
17. Strum The Lute		Shou Hui Pi Pa	W
18. Brush Knee and Push		Lou Shih Au bu	W
19. Deflect, Parry & Punch		Ban, Lan, Ch'ui	W
20. Withdraw and Push		Yu Feng Ssu Pi	W
21. Brush Knee and Push		Lou Shih Au Bu	W
22. Strum The Lute		Shou Hui Pi Pa	W
23. Brush Knee and Push		Lou Shih Au Bu	W
24. Deflect, Parry and Punch		Ban, Lan, Ch'ui	W
25. Withdraw and Push		Yu Feng Ssu Pi	W
26. Turn to Cross Hands		Gwan Xin Shi Tzu Shou	N