

FIRST SECTION

Preparation and Beginning
Ward off right
Ward off left
Grasp the sparrow's tail
Single whip
Lift hands
Shoulder stroke
White crane spreads its wings
Brush left knee
Play guitar
Brush left knee
Brush right knee
Brush left knee
Play guitar
Brush left knee
Deflect parry and punch
Cross hands

SECOND SECTION

Embrace the tiger and return to the mountain
Grasp the sparrow's tail (to corner)
Diagonal single whip
Fairy flaps sleeves
Fist under the elbow
Repulse monkey (x5)
Diagonal flying
Lift hands
Shoulder stroke
White crane spreads its wings
Brush left knee
Needles at the bottom of the sea
Shoulder through the back
Turn around and punch
Sit back and block to the right
Deflect parry and punch
Grasp the sparrow's tail
Ward off right
Single whip
Cloud hands (x7)
High pat on horse
Single whip

THIRD SECTION

Patting the mane
Separate right foot
Separate left foot
Turn around and kick with the left heel
Brush left knee
Brush right knee
Bend and planting the fist
Turn around, white snake spits out its tongue
Block to the right
Deflect parry and punch
Kick with heel
Shoulder stroke
Hitting the tiger – left
Turn around and ward off right
Hitting the tiger - right
Kick with the right heel (to the corner)
Hit ears with both hands
Kick with the left heel
Turn around and kick with the right heel
Deflect parry and punch
Apparent closure
Cross hands

FOURTH SECTION

Embrace the tiger and return to the mountain
Grasp the sparrow's tail (to corner)
Single whip (to the South wall)
Parting the horse's mane – right
Parting the horse's mane – left
Parting the horse's mane – right
Grasp the sparrow's tail
Single whip
Fair lady works shuttles
Ward off left
Grasp the sparrow's tail
Cloud hands (x7)
High pat on the horse
Single whip

FIFTH SECTION

Snake creeps down
Golden cock stands on the left leg
Golden cock stands on the right leg
Repulse monkey (x5)
Diagonal flying
Lift hands
Shoulder stroke
White crane spreads its wings
Needles at the bottom of the sea
Fan through the back
Turn around, white snake spits out its tongue
Sit back and block to the right
Deflect parry and strike
Grasp the sparrow's tail
Single whip
Cloud hands (x7)
High pat on horse
Single whip

SIXTH SECTION

Patting the mane
Jab to the corner
Turn around cross, hands and kick
Low punch
Grasp the sparrow's tail
Single whip
Snake creeps down
Step up to seven stars
Step back riding the tiger
Turn around lotus kick (fast)
Pulling the bow and shooting the tiger
Block step down parry and punch
Apparent closure
Cross hands
Close up

Taiji Long Form movement list

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