

WUDANG TAI CHI CHUAN LONG FORM

SECTION 1

Part A

1. THE READY STYLE
2. TAI CHI BEGINNING STYLE
(Vanguard arms)
(Extend the arms)
3. SEVEN STARS (R)
4. GRASPING BIRDS TAIL
5. SINGLE WHIP
Unnamed technique (1)
6. FLYING OBLIQUE
(Single seizing the leg)
(Double seizing the legs)
7. RAISE HANDS AND STEP UP

Part B

8. WHITE CRANE SPREADS ITS WINGS
(Break arm technique)
Unnamed technique (2)
- SEVEN STARS (L)
9. BRUSH KNEE TWIST STEP (R)
10. SEVEN STARS (L)
11. BRUSH KNEE TWIST STEP (R)
STEP UP BRUSH KNEE TWIST STEP (L)
STEP UP BRUSH KNEE TWIST STEP (R)
12. SEVEN STARS (L)
13. STROKE THE LUTE
14. STEP UP *Unnamed technique (3)*
(Breaking down the door)
PARRY AND PUNCH

Part C

15. AS IF SHUTTING A DOOR
16. EMBRACE TIGER RETURN TO MOUNTAIN
17. CROSS HANDS
18. OBLIQUE BRUSH KNEE TWIST STEP
19. TURN BODY BRUSH KNEE TWIST STEP
20. SEVEN STARS (R)
21. GRASPING BIRDS TAIL
22. OBLIQUE SINGLE WHIP

SECTION 2

Part A

- Unnamed technique (4)*
23. FIST UNDER ELBOW
Unnamed technique (5)
24. STEP BACK REPULSE MONKEY (x 3)
(Low flying oblique)
25. FLYING OBLIQUE (HIGH)
(Single seizing the leg)
(Double seizing the legs)
26. RAISE HANDS AND STEP UP
27. WHITE CRANE SPREADS ITS WINGS
(Break arm technique)
Unnamed technique (2)
SEVEN STARS (L)

Part B

28. BRUSH KNEE TWIST STEP (R)
29. SEVEN STARS (L)
30. NEEDLE AT SEA BOTTOM
31. FAN THROUGH BACK
Unnamed technique (6)
32. TURN BODY AND SWING FIST

Part C

33. STEP BACK *(Breaking down the door)*
PARRY AND PUNCH
Unnamed technique (7)
(Reverse seven stars/stroke the lute)
34. STEP UP GRASP BIRDS TAIL
35. SINGLE WHIP
Unnamed technique (8)
36. WAVE HANDS IN CLOUDS (x 3)
37. SINGLE WHIP

SECTION 3

Part A

38. PAT HORSE HIGH (L)
(Separate the hands)
39. LEFT DRAPE THE BODY
40. RIGHT SEPARATE LEGS
41. PAT HORSE HIGH (R)
(Separate the hands)
42. RIGHT DRAPE THE BODY
43. LEFT SEPARATE LEGS
44. TURN BACK AND KICK WITH THE HEEL
45. BRUSH KNEE TWIST STEP (R)
STEP UP BRUSH KNEE TWIST STEP (L)
46. STEP UP PLACE THE PUNCH
47. TURN BODY AND SWING FIST

Part B

48. STEP UP AND PAT HORSE HIGH (L)
(Separate the hands)
49. LEFT DRAPE THE BODY
50. RIGHT SEPARATE LEGS
51. STEP BACK SEVEN STARS
52. STEP BACK TO STRIKE THE TIGER
53. TWIST THE BODY AND KICK
54. BOXING THE EARS
(Tiger embraces head)
55. RIGHT DRAPE THE BODY
56. LEFT SEPARATE LEGS

Part C

57. TURN AROUND AND KICK WITH HEEL
58. SWING THE FIST
59. STEP UP *(Breaking down the door)*
PARRY AND PUNCH
60. AS IF SHUTTING A DOOR
61. EMBRACE TIGER RETURN TO MOUNTAIN
62. CROSS HANDS
63. OBLIQUE BRUSH KNEE TWIST STEP
64. TURN THE BODY OBLIQUE BRUSH KNEE
TWIST STEP
65. SEVEN STARS
66. GRASPING THE BIRDS TAIL
67. OBLIQUE SINGLE WHIP

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SECTION 4

Part A

- 68. SEVEN STARS (R)
Unnamed technique (9)
- 69. PARTING THE WILD HORSES MANE (R)
- 70. SEVEN STARS
Unnamed technique (9)
- 71. PARTING THE WILD HORSES MANE (R)
Unnamed technique (9)
STEP UP PARTING WILD HORSES MANE (L)
Unnamed technique (9)
STEP UP PARTING WILD HORSES MANE (R)
- 72. SEVEN STARS
Unnamed technique (9)
- 73. PARTING THE WILD HORSES MANE (R)
Unnamed technique (9)

Part B

- 74. STEP UP FAIR LADY WORKS AT SHUTTLE (L) *Unnamed technique (9)*
TURN BACK FAIR LADY WORKS AT SHUTTLE (R)
- 75. SEVEN STARS (R)
Unnamed technique (9)
- 76. PARTING THE WILD HORSES MANE (R)
Unnamed technique (9)
- 77. STEP UP FAIR LADY WORKS AT SHUTTLE (L)
TURN BACK FAIR LADY WORKS AT SHUTTLE (R)

Part C

- 78. SEVEN STARS (R)
- 79. GRASPING THE BIRDS TAIL
- 80. SINGLE WHIP
Unnamed technique (8)
- 81. WAVE HANDS IN CLOUD (x 3)
- 82. SINGLE WHIP

SECTION 5

Part A

Unnamed technique (4)

- 83. SNAKE CREEPS DOWN
- 84. GOLDEN COCKEREL STANDS ON (L) LEG
(White snake spits out its tongue)
(Golden cockerel stands on (r) leg)
- 85. STEP BACK REPULSE MONKEY (x3)
(Low flying oblique)
- 86. STEP ASIDE FLYING OBLIQUE (HIGH)
(Double seizing the legs)
- 87. RAISE HANDS AND STEP UP

Part B

- 88. WHITE CRANE SPREADS ITS WINGS
(Break arm technique)
Unnamed technique (2)
SEVEN STARS (L)
- 89. BRUSH KNEE TWIST STEP
- 90. SEVEN STARS (L)
- 91. NEEDLE AT SEA BOTTOM
- 92. FAN THROUGH BACK
Unnamed technique (6)

Part C

- 93. TURN BODY AND SWING FIST
- 94. STEP UP *(Breaking down the door)*
PARRY AND PUNCH
Unnamed technique (7)
(Reverse seven stars/stroke the lute)
- 95. STEP UP GRASP BIRDS TAIL
- 96. SINGLE WHIP
Unnamed technique (8)
- 97. WAVE HANDS IN CLOUDS (x 3)
- 98. SINGLE WHIP

SECTION 6

Part A

- 99. PAT HORSE HIGH (L)
- 100. SLAP THE FACE
- 101. CROSS AND SINGLE HAND SWEEP LOTUS LEG
- 102. BRUSH KNEE TWIST STEP
- 103. STEP UP AND PUNCH TO THE GROIN
Unnamed technique (7)
(Reverse seven stars/stroke the lute)
- 104. STEP UP GRASP BIRDS TAIL
- 105. SINGLE WHIP

Part B

Unnamed technique (4)

- 106. SNAKE CREEPS DOWN
- 107. STEP UP A FORM OF SEVEN STARS
- 108. STEP BACK TO RIDE THE TIGER
- 109. TURN THE BODY AND SLAP THE FACE
- 110. TURN BODY AND DOUBLE HAND SWEEP LOTUS LEG
- 111. DRAW THE BOW TO SHOOT THE TIGER

Part C

- 112. PAT HORSE HIGH (L)
- 113. SLAP THE FACE
- 114. TURN THE BODY AND SWING THE FIST
- 115. STEP UP AND PAT HORSE HIGH
- 116. STEP UP GRASP BIRDS TAIL
- 117. SINGLE WHIP
Unnamed technique (8)
- 118. EMBRACING THE ONE
- 119. COMPLETION STYLE.