

Tai Chi - Yang Family Long Form YinYang

PART TWO

14 Carry Tiger To Mountain

Lift toes off the ground on the left foot, turn in on the heel, sweep behind.
Place 70% weight on the left foot, ball to the side.
All weight goes on the left leg, step to the corner with 70% weight on right foot, brush knee, lift toes off the ground on the left foot, turn foot in on the heel, and push to corner.

Bring the ball up, sit back on the left foot, turn waist and throw down.

Turn back moving 70% weight to right foot, Double-handed push to corner.

Separate the hands sit back with 70% weight on left foot and draw silk.

Lower the palms of your hands
move 70% weight back to right foot, push the transit van to corner.

Turn towards the corner, sit back placing 70% weight on left foot, lift right toes off the ground turn in on the heel and push away.

Sit back,
turn back placing 70% weight on right foot.
Make a beak, turn the hand palm towards you, all your weight goes on the right leg and turn, single whip to the corner.

With weight still on the right foot step forward in box so that 70% weight is on the left foot.
Lift the right toes off the ground and turn on the heel, press to corner.

15 Seeing Fist Under Elbow

All weight goes onto left leg, right hand and foot come forward placing right heel on ground.
Turn in with right foot, all weight goes on right leg, step up
place left heel on ground, hide fist under elbow.

16 Repulse Monkey

Right arm to the side left arm in front palms down.
Palms up, left knee lifts,
step back, sit back 70% weight to left foot, turn in on right foot, repulse monkey one.
Palms up, right knee lifts, step back, sit back 70% weight to right foot,

turn in on left foot, repulse monkey two.
Palms up, left knee lifts, step back, sit back 70% weight to left foot,
turn in on right foot, repulse monkey three.
Palms up, right knee lifts, step back, sit back 70% weight to right foot,
turn in on left foot, repulse monkey four.
Palms up, left knee lifts, step back, sit back 70% weight to left foot,
turn in on right foot, repulse monkey five.

17 Slanting Flight

Turn in slightly on the right foot, ball to the side.
Step behind moving 70% weight to right foot, turning in on the left heel throw the Frisbee (split).

18 Raise Hands and Step Up

Sit back 70% weight on the left foot, Pincer movement one.
All weight goes on the left leg, lift right knee, pincer movement two.
Keeping weight on the left leg place right heel down, push away.
Turn waist and throw down.
Step forward into box placing 70% weight on right foot, shoulder barge.

19 White Crane Airs Its Wings

Turn the left hand in, all weight goes to right leg, turn, roll the ball
and the white crane stretches its wings.

20 Brush Knee and Press with Inverse Stance

Make a ball to the side.
Step forward into your box, move 70% weight to left foot, brush knee and push.

21 Pluck Needle From Sea Bottom (1/2)

All weight goes to left leg, step up, step back all weight to right leg, sword fingers right hand, dip (pluck) - needle to the sea bottom.

22 Fan Penetrates Back

Unbend, block to the side turning right palm away left palm turns away protecting the groin.

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Step forward into box moving 70% weight to left foot, block to the front.

Rock back on left heel, turn in on left heel, make soft fist with right hand.

23 Snake Puts Out Tongue

All weight to left leg, step up, step down placing 70% weight on right foot, tap table with back of fist.

Lift toes left foot, turn in on heel, snake puts out its tongue.

24 Step Up, Press Down, Parry and Punch

Lift fist to left hand, sit back 70% weight to left foot, turn pointing fist to floor.

All weight to left foot, step up, step down 70% weight to right foot, press down.

All weight goes to right foot, hand and foot come forward, turn waist clear.

Step forward into your box, move 70% weight to left foot, relaxed punch.

Release the punch bring the right hand over, sit back turning the waist, clear the punch, throw down.

Turn back moving 70% weight to left heel turning foot out, split.

25 Step Up, Grasp the Birds Tail

All weight goes to left leg, turn, right hand floats up and grasp the ball.

Step forward into your box moving 70% weight to right foot, grasp the sparrows tail.

Sit back turn and throw down.

26 Single Whip

Turn back moving 70% weight to right foot, Double-handed push.

Separate the hands sit back with 70% weight on left foot and draw silk.

Lower the palms of your hands move 70% weight back to right foot, push the transit van.

Turn towards the corner, sit back placing 70% weight on left foot, lift right toes off the ground turn with the foot and push away.

Sit back, turn back placing 70% weight on right foot.

Make a beak, turn the hand palm towards you, all your weight goes on the right leg and turn, single whip.

With weight still on the right foot step forward in box so that 70% weight is on the left foot.

Lift the right toes off the ground and turn on the heel, press to the front.

27 Cloud Hands (1/3)

Rock back on left heel, turn in on the heel, 70% weight left foot, right hand sweeps down, change hands.

All weight to left leg, right foot placed half shoulder width parallel 70% weight, turn back, change hands.

All weight to right leg, left foot placed shoulder width parallel 70% weight, turn, change hands, cloud hands 1.

All weight to left leg, right foot placed half shoulder width parallel 70% weight, turn back, change hands.

All weight to right leg, left foot placed shoulder width parallel 70% weight, turn, change hands, cloud hands 2.

All weight to left leg, right foot placed half shoulder width parallel 70% weight, turn back, change hands.

All weight to right leg, left foot placed shoulder width parallel 70% weight, turn, change hands, cloud hands 3.

All weight to left leg, right foot placed half shoulder width parallel 70% weight, turn back, change hands.

All weight to right leg, left foot placed shoulder width parallel 70% weight, turn, change hands, cloud hands 4.

All weight to left leg, right foot placed half shoulder width parallel 70% weight, turn back, change hands.

All weight to right leg, left foot placed shoulder width parallel 70% weight, turn, change hands, cloud hands 5.

28 Single Whip

All weight to left leg, step forward placing right heel into box, turn foot in on heel moving all

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weight to right foot, making a beak, turning the hand palm towards you.

With weight still on the right foot step forward in box so that 70% weight is on the left foot.

Lift the right toes off the ground and turn on the heel, press to the front.

29 Examine The Horse

Sit back placing all weight on right leg, inspect the horse mouth right hand.

30 Separate Left and Right Foot

Step back placing 70% weight on left foot, blocking left.

Lift right toes turn in on heel, right arm circles down, cross hands palms outward.

Both arms circle,

all weight to left leg, collect up cross hands palms inwards lifting right knee, kick with the side of foot.

Place right toes to floor, inspect the horse mouth left hand.

Step back placing 70% weight on right foot, blocking right.

Lift left toes turn in on heel, left arm circles down, cross hands palms outward.

Both arms circle,

all weight to right leg, collect up cross hands palms inwards lifting left knee, kick with the side of foot.

31 Turn Around and Make Heel

Lower the foot, quarter turn anti clockwise.

Sweep clockwise with left leg round in half turn, collect up

and kick with the heel.

32 Brush Knee and Press with Inverse Stance

Lower left foot, ball to the side.

Step forward into your box, move 70% weight to left foot, brush knee and push.

Rock back on the left heel turn left foot out, move weight 70% to left foot, ball to the opposite side.

Step forward into your box, move 70% weight to right foot, brush knee and push.

Rock back on the right heel turn right foot out, move weight 70% to right foot, ball to the side.

33 Step Up and Punch Down

Step forward into your box, move 70% weight to left foot, punch down with soft fist.

34 Snake Puts Out Tongue

Rock back and turn in on the left heel, soft fist right elbow pointing back.

All weight to left leg, step up,

step down placing 70% weight on right foot, tap table with back of fist.

Lift toes left foot, turn in on heel, snake puts out its tongue.

35 Step Up, Press Down, Parry and Punch

Lift fist to left hand, sit back 70% weight to left foot, turn pointing fist to floor.

All weight to left foot, step up,

step down 70% weight to right foot, press down.

All weight goes to right foot, hand and foot come forward, turn waist clear.

Step forward into your box, move 70% weight to left foot, punch with soft fist.

Release the punch bring the right hand over, sit back turning the waist, clear the punch, throw down.

Turn back moving 70% weight to left heel turning foot out, split.

36 Turn Round and Make A Right Heel

All weight to left foot, collect up lifting right knee, kick with the heel.

Lower right foot, ball to the side.

37 Punch Tiger

Step to the corner placing right heel down first then moving 70% weight to right foot, lift and push to corner both hands.

Make ball, place all weight on right foot and turn to opposite corner.

Step into box opposite corner with 70% weight to left foot, offset double punch with soft fists.

Make ball, rock back and turn on the left heel.

Step to the corner placing right heel down first then moving 70% weight to right foot, offset double punch with soft fists.

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38 Turn Around and Make A Right Heel

Sit back placing all weight on left leg, collect up and kick with heel.

(61 breaths)

39 Two Phoenixes Separately Hanging On The Ears

Grasp the phoenix ears, pull down, step to the corner placing right heel down first then moving 70% weight to right foot double punch with soft fists.

40 Make A Left Heel and Turn Round Make A Right Heel

Sit back moving 70% weight to left foot block with right arm.

Lift right toes up, turn right foot out on heal, moving 70% weight to right foot, scoop with left arm.

Collect up and kick with left heel.

Lower left foot, quarter turn anti clockwise.

Spin landing on left foot,

collect up and kick with the right heel.

41 Step Up, Press Down, Parry and Punch

Ball to the side, step down placing 70% weight on the right foot, press down.

All weight goes to right foot, hand and foot come forward, turn waist clear.

Step forward into your box, move 70% weight to left foot, punch with soft fist.

42 Close The Door

Release the punch bring the right hand over, sit back turning the waist, clear the punch, push to the corner.

Turn back moving weight to left foot, shut the door.

43 Cross Hands

Rock back on the left heel turn left foot in, move all weight to left foot bring right foot parallel, collect up (bunch of flowers) with arms and cross hands.

KEY

Yin contracting in breath



Yang expanding out breath



References

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