

Tai Chi - Yang Family Long Form YinYang

PART THREE

44 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.

45 Diagonal Single Whip

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 the forward to corner.

46 Parting Wild Horses Main

Rock back on the left heel, turn the left foot in turning right hand out protect the groin.

Lift toes off the ground on the right foot, turn right foot out on the heel moving 70% weight to right foot and split.

Rock back on the right heel, turn the right foot out turning left hand out protect the groin.

All weight goes to the right leg, step forward placing 70% weight to left foot and split.

Rock back on the left heel, turn the left foot out turning right hand out protect the groin.

All weight goes to the left leg, step forward placing 70% weight to right foot and split.

Ball to the side left hand on top.

Turn in on the right heel moving 70% weight to left foot bring the right palm up and left arm down.

Move 70% weight back to right foot, ball to the side right hand on top.

Move 70% weight to left foot and stroke the peacocks 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.

47 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.

48 Fair Lady Throws The Shuttles

Rock back on the left heel, turn left foot in making a ball to the side right hand on top.

All weight goes to left leg, take two steps to the corner 70% weight on left foot, lift and push.

Rock back on the left heel, turn left foot in with small ball in front of your face, bring the ball down,

step behind to corner placing 70% weight on right foot, turning left foot in on the heel lift and push.

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Make a ball to the side right hand on top, step to the corner placing 70% weight on left foot lift and push.

Rock back on the left heel, turn left foot in with small ball in front of your face, bring the ball down,

step behind to corner placing 70% weight on right foot, turn left foot in on the heel lift and push.

Throw down,

move weight 70% on left foot turning waist sweep.

Move weight back so 70% on right foot ball to the side right hand on top.

49 Grasping The Birds Tail

Move 70% weight to left leg, stroke the peacocks 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.

50 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.

51 Cloud Hands (2/3)

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

52 Single Whip

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

53 Snake Creeps Down (1/2)

Turn right foot out on the heel, sit back moving 90% weight to right leg, left hand circles clockwise as you sink down.

54 Golden Cock Perches On One Leg

Move weight back to left leg turning left foot out on the heel as left hand brush left knee.

All weight moves to left leg, lift right knee and hand Golden cock stands on one leg.

Step behind moving 70% weight to right foot, throw down.

All weight moves to right leg, lift left knee and hand Golden cock stands on other leg.

55 Repulse Monkey

Right arm to the side left arm in front palms up.



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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.

56 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).

57 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.

58 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.

59 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.

60 Pluck Needle From Sea Bottom (2/2)

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

61 Fan Penetrates The Back

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

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 pointing back.

62 Turn Around, 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.

63 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.

64 Step Up, Grasping 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.

65 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.



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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.

66 Cloud Hands (3/3)

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

67 Single Whip

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

68 Examine The Horses Mouth

Sit back moving 70% weight to right foot, left palm turned up - Inspect the horses mouth circling right hand clockwise.

Move weight forward to left foot holding left hand out, circle right hand to hide it under left elbow.

69 Turn Around and Cross Leg

Lift toes off ground on left foot, turn left foot in on the heel, place all weight on left leg, lift and point with right knee, collect up with arms and kick with the right heel.

70 Brush Knee and Punch Pubic Region

Ball to the side left hand on top.

Take two steps forward placing 70% weight on left foot and punch down with soft fist.

71 Step Up, Grasping Birds Tail

Sit back 70% weight to right foot, turning the waist throw down.

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

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.

72 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.

73 Snake Creeps Down (2/2)



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Turn right foot out on the heel, sit back moving 90% weight to right leg, left hand circles clockwise as you sink down.

74 Step Up To Form Seven Stars

Move weight forward to left leg turning left foot out on the heel.

All weight moves to left leg, right foot moves forward toes to ground, cross hands with gentle fists in front of face - Seven stars.

Step back, release the fists hold small ball in front of face left hand furthest away.

Sit back moving all weight to right foot rotating ball anti clockwise so right hand is furthest away.

75 Retreat to Ride Tiger

White crane spreads its wings, ball to the side left hand on top, continue to circle hands moving to ball to the side right hand on top.

76 Turn Around and Kick Horizontally

Turn waist anti clockwise

then spin clockwise on right foot landing with all weight on left foot.

Right foot circles anti clockwise while right hand circles clockwise.

Side of right foot kicks to right hand - lotus kick.

77 Bending Bow To Shoot Tiger

Step behind placing 70% weight on right foot and throw down.

Move 70% weight back to left foot and grasp the bow.

Sit back so 70% weight moves to right foot, bend the bow.

78 Step Up, Press Down, Parry and Punch

Rock back on the left heel turn left foot out, move weight 70% to left foot, soft fist to the side, step up.

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.

79 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.

80 Cross Hands

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

81 Denouement Of The Whole Series

Press down (*lifting yourself off the Ikea sofa*).

Let the hands float up (*lifting balloons*), show the palms and press down.

Lift left toes off the ground turning left foot out on the heel, circle right arm clockwise and left arm anti clockwise, all weight goes to left leg, bring right heel to meet left heel weight on both feet.

(81 breaths)

KEY

Yin contracting in breath



Yang expanding out breath



References

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