

Yang Cheng Fu Long Form  
(from *The Essence and Applications of Taijiquan*,  
by Yang Cheng Fu (1934)  
Edited by Cheng Man Ch'ing

1. Beginning
2. Wardoff L
3. Wardoff R
4. Rollback
5. Press
6. Push
7. Single Whip
8. Raise Hands Upward
9. Press or Shoulder Strike
10. White Crane Displays Wings
11. Brush Knee Twist Step L
12. Hands Strum Pipa
13. Brush Knee Twist Step L
14. Brush Knee Twist Step R
15. Brush Knee Twist Step L
16. Hands Strum Pipa
17. Brush Knee Twist Step L
18. Advance Step, Deflect, Parry and Punch
19. Like Sealing, As If Closing (Withdraw and Push)
20. Cross Hands
21. Embrace Tiger, Return to Mountain
22. Rollback, Press, Push, Single Whip
23. Observe Fist Under Elbow
24. Step Back Dispatch Monkey
25. Flying Obliquely
26. Raise Hands Upward
27. White Crane Displays Wings
28. Brush Knee Twist Step L
29. Needle At Sea Bottom
30. Fan Through Back
31. Turn Body and Strike
32. Advance Step Deflect, Parry and Punch
33. Ward Off R . . . GST
34. Single Whip
35. Cloud Hands
36. Single Whip
37. High Pat On Horse
38. Separate Feet R
39. Separate Feet L
40. Turn and Kick With Heel
41. Brush Knee Twist Step L
42. Brush Knee Twist Step R
43. Advance Step, Plant Punch
44. Obverse turn Body and Strike
45. Advance Step, Deflect, Parry and Punch
46. Kick with Heel R
47. Hit Tiger L
48. Hit Tiger R
49. Turn Body, Kick with Heel R
50. Twin Gusts Penetrate the Ears
51. Left Heel Kick
52. Turn Body, Kick with Heel
53. Advance Step, Deflect, Parry and Puncy
54. Like Sealing, As If Closing
55. Cross Hands
56. Embrace Tiger, Return to Mountain
57. Oblique Single Whip
58. Wild Horse Parts Mane R
59. Wild Horse Parts Mane L
60. Wild Horse Parts Mane R
61. Grasp Sparrow's Tail
62. Single Whip
63. Jade Maiden Threads Shuttle
64. Grasp Sparrow's Tail
65. Single Whip
66. Cloud Hands
67. Single Whip, Squatting Single Whip
68. Golden Rooster Stands on one Leg R
69. Golden Rooster Stands on one Leg L
70. Step Back, Dispatch Monkey
71. Flying Obliquely
72. Raise hands Upward
73. White Crane Displays Wings
74. Brush Knee Twist Step
75. Needle at Sea Bottom
76. Fan Through Back
77. Turn Body, White Snake Darts its Tongue
78. Deflect, Parry and Bunch
79. Grasp Sparrow's Tail
80. Single Whip
81. Cloud Hands
82. Single Whip
83. High Pat on Horse with Piercing Palm
84. Cross Legs
85. Advance Step, Punch Toward Groin
86. Advance Step, Grasp Sparrow's Tail
87. Single Whip, Squatting Single Whip
88. Step Up to Seven Stars
89. Retreat Astride Tiger
90. Turn Body, Sweep Lotus
91. Draw the Bow and Shoot the tiger
92. Advance Step, Deflect, Parry and Punch
93. Like Sealing, As If Closing
94. Closing