

# List of Movements of Yang Family Traditional Long Form (103)

Yang #	Posture in English	Chinese	Pinyin
1	Preparation	预备	Yùbèi
2	Beginning	起式	Qǐ shì
3	Grasp the Bird's Tail	揽雀尾	Lǎn què wěi
4	Single Whip	单鞭	Dān biān
5	Raise Hands and Step Forward	提手上势	Tí shǒu shàng shì
6	White Crane Spreads its Wings	白鹤亮翅	Bái hè liàng chì
7	Left Brush Knee and Push	左搂膝拗步	Zuǒ lōu xī ǎo bù
8	Play the Pipa	手挥琵琶	Shǒu huī pí pá
9-11	Brush Knee and Push (3 times)	搂膝拗步	Lōu xī ǎo bù
12	Play the Pipa	手挥琵琶	Shǒu huī pí pá
13	Left Brush Knee and Push	左搂膝拗步	Zuǒ lōu xī ǎo bù
14	Step Forward, Parry, Block, and Punch	进步搬拦捶	Jìn bù bān lán chuí
15	Apparent Closing	如封似闭	Rú fēng sì bì
16	Cross Hands	十字手	Shí zì shǒu

## Begin 2nd Section

17	Embrace Tiger, Return to Mountain	抱虎归山	Bào hǔ guī shān
18	Fist Under Elbow	肘底捶	Zhǒu dǐ chuí
19-21	Step Back and Repulse Monkey (3 times)	倒撵猴	Dào niǎn hóu
22	Diagonal Flying	斜飞式	Xié fēi shì
23	Raise Hands and Step Forward	提手上势	Tí shǒu shàng shì
24	White Crane Spreads its Wings	白鹤亮翅	Bái hè liàng chì
25	Left Brush Knee and Push	左搂膝拗步	Zuǒ lōu xī ǎo bù
26	Needle at Sea Bottom	海底针	Hǎi dǐ zhēn
27	Fan Through Back	扇通背	Shàn tōng bèi
28	Turn Body, Chop with Fist	转身撇身捶	Zhuǎn shēn piē shēn chuí
29	Step Forward, Parry, Block, and Punch	进步搬拦捶	Jìn bù bān lán chuí
30	Step Forward, Grasp the Bird's Tail	上步揽雀尾	Shàng bù lǎn què wěi
31	Single Whip	单鞭	Dān biān
32-34	Cloud Hands (3 times)	云手	Yún shǒu
35	Single Whip	单鞭	Dān biān
36	High Pat on Horse	高探马	Gāo tàn mǎ
37	Right Separation Kick	右分脚	Yòu fēn jiǎo
38	Left Separation Kick	左分脚	Zuǒ fēn jiǎo
39	Turn Body and Kick with Heel	转身左蹬脚	Zhuǎn shēn zuǒ dēng jiǎo
40-41	Brush Knee and Push (2 times)	搂膝拗步	Lōu xī ǎo bù
42	Step Forward and Punch Down	进步栽捶	Jìn bù zāi chuí
43	Turn Body, Chop with Fist	转身撇身捶	Zhuǎn shēn piē shēn chuí
44	Step Forward, Parry, Block, and Punch	进步搬拦捶	Jìn bù bān lán chuí

45	Right Heel Kick	右蹬脚	Yòu dēng jiǎo
46	Left Strike Tiger	左打虎式	Zuǒ dǎ hǔ shì
47	Right Strike Tiger	右打虎式	Yòu dǎ hǔ shì
48	Turn Body, Right Heel Kick	回身右蹬脚	Huí shēn yòu dēng jiǎo
49	Twin Fists Strike Ears	双峰灌耳	Shuāng fēng guàn ěr
50	Left Heel Kick	左蹬脚	Zuǒ dēng jiǎo
51	Turn Body, Right Keel Kick	转身右蹬脚	Zhuǎn shēn yòu dēng jiǎo
52	Step Forward, Parry, Block and Punch	进步搬拦锤	Jìn bù bān lán chuí
53	Apparent Closing	如封似闭	Rú fēng sì bì
54	Cross Hands	十字手	Shí zì shǒu

## Begin 3rd Section

55	Embrace Tiger, Return to Mountain	抱虎归山	Bào hǔ guī shān
56	Diagonal Single Whip	斜单鞭	Xié dān biān
57-59	Part the Wild Horse's Mane (3 times)	野马分鬃	Yě mǎ fēn zōng
60	Grasp the Bird's Tail	揽雀尾	Lǎn què wěi
61	Single Whip	单鞭	Dān biān
62	Fair Lady Works at Shuttles	玉女穿梭	Yù nǚ chuān suō
63	Grasp the Bird's Tail	揽雀尾	Lǎn què wěi
64	Single Whip	单鞭	Dān biān
65-67	Cloud Hands (3 times)	云手	Yún shǒu
68	Single Whip	单鞭	Dān biān
69	Snake Creeps Down	下势	Xià shì
70-71	Golden Rooster Stands on One Leg (2 times)	金鸡独立	Jīn jī dú lì
72-74	Step Back and Repulse Monkey (3 times)	倒撵猴	Dào niǎn hóu
75	Diagonal Flying	斜飞式	Xié fēi shì
76	Raise Hands and Step Forward	提手上势	Tí shǒu shàng shì
77	White Crane Spreads its Wings	白鹤亮翅	Bái hè liàng chì
78	Left Brush Knee and Push	左搂膝拗步	Zuǒ lōu xī ǎo bù
79	Needle at Sea Bottom	海底针	Hǎi dǐ zhēn
80	Fan Through Back	扇通背	Shàn tōng bèi
81	Turn Body, White Snake Darts Tongue	转身白蛇吐信	Zhuǎn shēn bái shé tǔ xìn
82	Step Forward, Parry, Block and Punch	进步搬拦锤	Jìn bù bān lán chuí
83	Grasp the Bird's Tail	上步揽雀尾	Shàng bù lǎn què wěi
84	Single Whip	单鞭	Dān biān
85-87	Cloud Hands (3 times)	云手	Yún shǒu
88	Single Whip	单鞭	Dān biān
89	High Pat on Horse, Piercing Palm	高探马穿掌	Gāo tàn mǎ chuān zhǎng
90	Cross Kick	十字腿	Shí zì tuǐ
91	Step Forward and Punch to Groin	进步指裆锤	Jìn bù zhǐ dāng chuí

92	Grasp the Bird's Tail	上步揽雀尾	Shàng bù lǎn què wěi
93	Single Whip	单鞭	Dān biān
94	Snake Creeps Down	下势	Xià shì
95	Step Forward, Seven Stars	上步七星	Shàng bù qī xīng
96	Step Back, Ride the Tiger	退步跨虎	Tuì bù kuà hǔ
97	Turn Body, Lotus Kick	转身摆莲	Zhuǎn shēn bǎi lián
98	Bend Bow, Shoot Tiger	弯弓射虎	Wān gōng shè hǔ
99	Step Forward, Parry, Block, and Punch	进步搬拦锤	Jìn bù bān lán chuí
100	Apparent Closing	如封似闭	Rú fēng sì bì
101	Cross Hands	十字手	Shí zì shǒu
102-103	Closing Posture	收式 还原	Shōu shì, Huán yuán