

Inner Health Tai Chi - Long Form List

1. Commencement
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Set Up and Raise Hands
6. White Stork Cools Wings
7. Brush Knee Left
8. Strum the Peipa
9. Brush Knee Twist Step Left
10. Brush Knee Twist Step Right
11. Brush Knee Left
12. Strum the Peipa
13. Brush Knee Twist Step Left
14. Chop With Fist
15. Step Up, Deflect, Parry, Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Single Whip
20. Fist Under Elbow
21. Repulse Monkey Right
22. Repulse Monkey Left
23. Repulse Monkey Right
24. Flying at a Slant
25. Step Up and Raise Hands
26. White Stork Cools Wings
27. Brush Knee Left
28. Push Needle to Sea Bottom
29. Fan Penetrates Through Back
30. Turn and Chop With Fist
31. Step Up, Deflect, Parry, Punch
32. Grasp Bird's Tail
33. Single Whip
34. Wave Hands Like Clouds (5)
35. Single Whip
36. High Pat on Horse
37. Separate Foot to Right
38. Separate Foot to Left
39. Turn and Kick
40. Brush Knee Twist Step Left
41. Brush Knee Twist Step Right
42. Step Up and Punch Down
43. Turn and Chop With Fist
44. Step Up, Deflect, Parry, Punch
45. Kick With Right Foot
46. Strike Tiger on Left
47. Strike Tiger on Right
48. Kick With Right Foot
49. Strike Ears With Fists
50. Kick With Left Foot
51. Turn Around to Kick
52. Chop With Fist
53. Step Up, Deflect, Parry, Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to the Mountain
57. Horizontal Single Whip
58. Parting Wild Horse's Mane (R)
59. Parting Wild Horse's Mane (L)
60. Parting Wild Horse's Mane (R)
61. Parting Wild Horse's Mane (L)
62. Parting Wild Horse's Mane (R)
63. Left Grasp Bird's Tail
64. Grasp Bird's Tail
65. Single Whip
66. Fair Lady Works Shuttles (L)
67. Fair Lady Works Shuttles (R)
68. Fair Lady Works Shuttles (L)
69. Fair Lady Works Shuttles (R)
70. Left Grasp Bird's Tail
71. Grasp Bird's Tail
72. Single Whip
73. Wave Hands Like Clouds (7)
74. Single Whip
75. Creeping Low Like a Snake
76. Golden Cock Stands on One Leg (L, R)
77. Repulse Monkey Right
78. Repulse Monkey Left
79. Repulse Monkey Right
80. Flying at a Slant
81. Step Up and Raise Hands
82. White Stork Cools Wings
83. Brush Knee Left
84. Push Needle to Sea Bottom
85. Fan Penetrates Through Back
86. Turn and Chop With Fist
87. Step Up, Deflect, Parry, Punch
88. Step Up to Grasp Bird's Tail
89. Single Whip
90. Wave Hands Like Clouds (3)
91. Single Whip
92. High Pat on Horse
93. Cross Hands to Penetrate
94. Turn and Kick
95. Chop With Fist
96. Step Up, Deflect, Parry, Punch
97. Step Up to Grasp Bird's Tail
98. Single Whip
99. Creeping Low Like a Snake
100. Step Up to Form Seven Stars
101. Retreat to Ride Tiger
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop with Fist
105. Step Up, Deflect, Parry, Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi