



## **T'ai Chi Ch'üan Long Yang Form, 108 movements**

*As described by Gerda Geddes and revised by Maedée Duprès*

### **PART I**

#### **1<sup>st</sup> Sequence   North, North East, East, South East, South, South West, West, North West**

- 1) Face N stand with legs parallel, hip-width apart. Arms down by sides, palms facing back. Lift both arms slowly to shoulder height, draw arms in (bend elbows) and push down, bend both knees. L arm swings up palm down & R arm under to hold Circle, shift weight over on L leg, pivot on ball of L foot and on R heel to face E.
- 2) R foot steps SE into diag., palms facing each other, and arms draw apart. R arm to shoulder height, L arm to hip, palm down. Turn L palm up, bring L arm under R to hold circle, weight on R, Grasping Bird's Tail
- 3) L foot steps NE into diag., arms draw apart, L arm to shoulder height, R arm to hip. R arm under to hold circle, weight on L, Grasping Bird's Tail
- 4) R foot steps E on parallel line, R arm to shoulder height, palm facing inwards, L arm by R elbow, palm down, Ward off
- 5) Open L foot to N & shift weight over in L leg, press in front of body with R arm over to L side, inside hollow of L arm, turn in waist, Single Push, make ½ circle with L arm, down and up, shift weight to R foot E, press in front of body with L arm, inside hollow of R, Single Push
- 6) L foot to NE & weight to L leg, body facing NE into front diag. arms open to shoulder width, swim through with palms down, draw arms in, bend elbows, turn to face E, weight over on R leg E, push both arms forward, Double Push
- 7) Weight on left leg NE, turn on R heel to N, weight on R leg, arms sweep in front, L arm in ½ circle to L, R arm bent, palm down to Hold the Circle
- 8) L foot steps to W parallel line, weight in L leg. R arm in "Bird's beak" to the corner, L arm moves up to throat and throws whip over L leg at shoulder height, palm facing N, R foot facing N, Single Whip

## 2<sup>nd</sup> Sequence

- 9) Shift weight over on R leg, away from L hand, turn on L heel to N, weight on L, R heel on floor, empty step, arms draw in to head like a diamond, then down. Strum Lute
- 10) Turn on R heel to W, weight on R, turn on L heel to W, weight on L, R arm moves under to hold circle. Step out sideways on left, then on R weight on R. R arm moves above head (palm turned out) L arm by hip (palm down) L toes on floor, empty step, facing W. Big Bird Spreads Out Wings
- 11) R arm moves down to R hip (turn palm up), L arm in ½ circle over to R hip (palm down) to hold the ball. Lift R arm up to shoulder height, step forward W with L leg weight in L, L arm makes ½ circle over to L hip, (palm down), R arm draws in and pushes forward. Brush Knee and Push Step
- 12) Strum Lute second time. Weight back in R leg, L heel on floor, empty step, L arm highest.
- 13), 14), 15) Brush Knee and Push Step Step L, step R, Step L.
- 16) Strum Lute third time. Back in R leg, L heel on floor.
- 17) Brush Knee and Push both arms over to R, step forward with L (W), ½ circle with L arm, R arm pushes forward. Fist R hand at end of push.
- 18) Bring R arm over to L side. Weight back on L leg (facing W).
- 19) Twisted step with R foot (toes to N). Weight on R. Both arms over to R side, body faces W. Step forward with L (W). Prepare with L arm, parallel with L leg, Punch forward with R fist. At same time yield in with L arm and turn on R heel to NW.
- 20) Weight back on R leg, body facing NW. L hand to brush under R elbow to undo fist, turn hands inward, then palms down, draw arms in (bend elbows) weight over on L leg (W) and double push forward with both arms to W.
- 21) Weight over in R leg, turn on L heel (to face N) weight on L foot, arms follow movement of body to front (N) arms float up over head, make oval shape down to hips. Put R leg parallel (N) weight on both legs, cross arms over chest with R arm in front, straighten knees. Carry Tiger to Mountain

## PART II

### 3rd Sequence

- 22) Facing N, bend both knees, shift weight over in L leg, turn on ball of L foot, R heel to E. Draw arms down in parallel palms down, and draw in, R foot steps onto parallel line (E). L arm pushes forward, shoulder height, R arm down to hip (palm down). Turn L palm inwards, lift R arm up sideways and Single push in front, then repeat 5 and 6, Single and Double push.
- 23) Weight on L leg, turn on R heel to NW, weight on R, arms sweeping in front, turn on L heel and L foot steps onto L parallel line (W), L arm makes ½ circle to L, step out sideways on R leg, R arm makes ½ circle.
- 24) Weight on R, fist R hand, L heel on floor (W) Fist Under Elbow
- 25) Lower L arm in front, then R arm moves down to R hip and lifts up to shoulder height, step back on L foot (E), push R arms forward, draw L arm down and lift up sideways, turn R palm up and step back on R. Step Back and Repulse Monkey.
- 26),  
27),  
28),  
29) Repeat Monkey steps.  
On 5th step weight is on L foot, R arm moves down over to L side, palm up, L arm over to hold circle at L side of Body (body faces W), turn inwards on ball of L foot to NW.
- 30) R leg steps into R front diag. NE, straighten up on R leg with L foot off the floor, R arm above head, L arm by hip Magic Bird Stands on One Leg.
- 31) Step down on L leg (N). Strum Lute, R heel on floor.
- 32) Repeat 10. Bird Spreads Out Wings
- 33) Repeat 11. Brush Knee and Push
- 34) Step back on R leg, facing W, draw in R arm, L arm stretches forward and then draw in L arm and leg, weight on R foot, bend knee, L toes on floor, empty step, R hand points to floor, L hand by L hip, palm down.  
Looking for Golden Needle at the Bottom of the Sea
- 35) Lift arms up parallel to shoulder height, palms facing each other. Turn on ball of R foot to N, draw both arms into Diamond, palms facing out. Step on to parallel line with L leg (W), and L arm Shoots out the Arrow or Fan through the Back
- 36) Weight in R leg, turn on L heel to N, weight in L leg, L arm above head, palm out; R arm down to waist palm down.
- 37) Open step with R leg onto R front parallel E, L arm down to shoulder height, palm up; R arm lifts to side and up, fist R hand, turn on L heel to NE, weight back on L leg, arms

over to L, · twisted step with R, toes facing S, body facing E; both arms over to R, step with L (E), prepare with L arm, punch with R fist, turn R foot to SE

38) R fist faces down, body into R back diag. (SE). L arm over and under R arm in 1/2 circle for Spoke of the Wheel. Weight over on L leg, (E), arms brush past each other, L arm to shoulder, R arm to hip, palm down, body facing E, turn on ball of L foot to NE, then R arm comes under with palm up holding circle; body faces NE. Repeat 4), 5), 6), 7). Ward off, Single, Single & Double push.

39) Repeat 8) Single Whip

#### **4<sup>th</sup> Sequence**

40) Shift weight over on R leg, as L arm scoops down, turn in on L heel face N, weight on L leg as R arm scoops down in front, bring R foot in parallel as L arm scoops down, step out sideways with L foot (W) as R arm scoops down, small step in to parallel with R foot as L arm scoops down, step out sideways with L foot (W) as R arm scoops down, small step in to parallel with R foot as L arm scoops down to hold the circle. (7 scoops or 2 steps to W) No Beginning No End or Wave Hands Like Clouds

41) Repeat Single Whip

#### **5th Sequence: Kicking section**

42) Turn L palm up, turn in on R heel W, weight on R. Draw in L arm and leg, R arm moves forward, palm down High Pat on Horse Turn R palm in, lift L arm out sideways.

43) L leg steps into L back diag. SW, cross L arm, then R arm over chest, turn on ball of L foot to NW, kick R leg to NW (loose foot or soft kick), R arm over R leg, L arm sideways bend R leg and

44) Step with R into L front diag. NW, cross over R arm, cross over L arm. Turn on ball of R foot SW, kick L leg (soft) into back diag. SW, L arm over L leg and R arm sideways.

45) Put L toes on floor behind L hip (empty), turn on ball of R foot to SE cross arms over chest (L arm in front), kick out with L leg (full kick), L arm follows leg, R arm out to side.

46) Step on parallel line with L foot, L arm over to R hip, L arm in ½ circle over to L hip, R arm pushes forward (Brush Knee push step); R arm over to L hip to hold the ball, lift L arm, step with R leg, ½ circle with R arm over to R and push with L arm (Brush Knee push step).

47) L arm over to R side, fist R hand. Step with L leg into lunge E, L arm 1/2 circle over to L knee, brush knee, and deep punch with R fist, turning R leg and foot out to S.

- 48) Lift arms parallel to shoulder height, hands facing each other, R hand fisted, weight over in R, S, (pulling the string of the bow), turn on L heel to S, weight in L, L arm above head, palm out. R arm down to t'an t'ien, fist down.
- 49) R foot steps onto parallel line W for Open step, L arm to shoulder level, palm up, R arm, fisted, lifts sideways up; turn on L heel to SW, weight in L leg, both arms over to L side, twisted step with R leg to N, arms over to R, step with L leg W, prepare with L arm, punch with R and yield with L arm, turn on R heel to NW, weight over in R leg, palms down, arms lift over head and down with L wrist under R wrist (Swan Lake); weight on L leg (W), arms cross in front, R arm over.
- 50) Kick R leg W, R arm follows leg, L arm sideways, step with R into L front diag. NW, lower R arm to shoulder height, palm down, L arm scoops under over to R side, palm up.
- 51) Step on L leg into back diag. lunge (SW), both arms down in front of body, L arm above head, fist out; R arm by t'an t'ien, fist in. Twist Tiger's Ear to Left
- 52) Shift weight over in R leg, turn in on L heel to NW, unclench hands and both arms come down in front. Step with R leg into R front diag. lunge (NE), R arm above head, fist out, L arm by t'an t'ien, fist in. Twist Tiger's Ear to Right
- 53) Weight back in L leg, turn on R heel to NW, weight in R, turn on L heel to SW, weight in L, arms cross in front of chest, R arm in front. Kick with R leg to W, R arm follows leg, L arm to side.
- 54) Step on R leg into L front diag. lunge (NW) arms come down to sides; lift both arms up sideways and fist both hands above forehead, fists turned out. Grip Tiger's Ears or Strike Opponent's Ears with Both Fists
- 55) Weight back in L leg, arms come down to sides, weight forward in R leg (NW), cross arms with L arm in front, kick L leg out to W, L arm follows leg, R arm to R side.
- 56) Move L leg in front and behind R leg to turn to right side, place ball of L foot SE and finish turn with weight on L foot to face W, R toe on floor, empty, cross arms, R arm over, kick with R leg, R arm follows leg, L arm to side.
- 57) R leg down in twisted step (toes to N) arms over to R side, step forward with L (W) prepare with L arm, punch with R fist and yield with L arm. R leg to NW
- 58) Brush under elbow, undo fist, weight in R leg; lift arms to shoulder height and draw in, palms down, weight in L leg (W) and double push arms forward.
- 59) Weight in R leg (NW), turn on L heel to N, weight on L, both arms in front.
- 60) Arms float up above head and down in front. Put R foot parallel weight on both legs, cross arms over chest with R arm in front. Carry Tiger to Mountain

## PART III

### 6<sup>th</sup> Sequence

61) Repeat 22) (Same as beginning of part two) Repeat 5), 6), 7).

62) Repeat 8) Single Whip

### 7<sup>th</sup> Sequence

(63 – 66) – Weight over in R (N). R arm moves under to hold circle, turn on L heel to NE, weight on L, L arm over, hold circle, step with R leg on parallel line (E), R arm lifts to shoulder height, palm facing in, like ward off, L arm to hip, palm down. Turn on ball of R foot to SE, L arm under, hold circle, body also into diag. Step with L leg onto parallel line (E), L arm to shoulder, R arm by hip, turn on ball of L foot to NE, hold circle, R arm under. Take 7 of these steps in all. Parting of the Wild Horse's Mane

67) Repeat 5), 6), 7).

68) Repeat 8). Single Whip

### 8<sup>th</sup> Sequence

(69 – 72) – Weight over on R (N), L arm under to hold circle. Turn on L heel to N, weight in L, R arm over, hold circle. Step with R (cross step), toes facing N, step with L into L front diag. lunge, (NW), lift L arm above head into corner with palm out and R arm pushes into corner, palm out. Weight shifts back to R leg, R arm under; turn on L heel to SE, weight on L, L arm over, hold circle. Step into back diag. lunge, SW, with R leg, R arm into corner, then L arm into corner. Back in L leg, SE, L arm under, shift forward in R leg to SW, hold circle; L leg steps into back diag. SE, raise L arm to corner then R arm to corner. Weight on R leg, SW, R arm under. Turn on L heel to NW, weight on L, hold circle. Step with R into R front diag. lunge, NE, R arm to corner, L arm to corner. Back in L leg while fisting R hand, both arms over to L side. Four Corners of the Earth or Fair Lady Works at Shuttles

73) Twisted step with R toes to E, both arms over to R side, step forward with L (N), prepare with L arm, punch with R and yield with L arm. Turn on R heel to NE, weight in R, L arm makes ½ circle over and under R fist, spoke of the wheel, weight forward in L (N), arms draw apart, L arm to shoulder height, R arm by hip; then R arm under hold circle.

74) R leg steps E, R arm shoulder height, ward off, L arm by elbow. Then repeat 5), 6), 7).

75) Repeat 8). Single Whip

### **9th Sequence**

(76 – Repeat No Beginning No End  
77)

### **10th Sequence**

78) Turn on R heel to NE, weight on R leg, L arm in large circle above head turn palm out, L arm over to R side, bend both knees, weight in R leg, L arm goes down by R leg: slide weight over in L leg and L arm sweeps down across floor to L, raise up on L leg. Snake Creeps Down

(79 – L arm up to eye level (snake's head), palm facing N (bent elbow) R arm moves from  
80) Birds Beak down to hip, lift R leg and arm (bend R knee, straight out from hip, and bend R elbow) and L arm down to hip with palms down. Step back on R leg, lift L arm and leg and R arm to hip. Golden Cock Stands on One Leg

81) Turn L palm up, R arm lifts up sideways step back with L leg, R arm pushes forward, L arm draws back. Repeat 26), 27), 28), 29). Step back Repulse Monkeys 5X

(82- Repeat 30) - 39) Golden Needle  
91)

### **11th Sequence**

92) Repeat No Beginning No End

93) Repeat Single Whip

### **12th Sequence**

94) Turn L palm up, turn in on R heel to W, weight on R. Draw in L arm and leg, R arm stretches forward High Pat on the Horse

95) L leg steps on parallel line W, L arm crosses over R; turn on R heel to NE weight on R turn on L heel to NE weight on L (NE) Cross Hands

96) Lift R leg and R leg kicks to E, R arm follows leg, L arm to side

97) R leg down in twisted step, toes facing S; both arms over to R hip, fist R hand. Step forward with L (E) prepare with L arm, punch with R fist ½ way down.

98) - Repeat 38) – 39) Spoke of the Wheel & Single push sequence to Single Whip  
99)

### 13th Sequence

- 100) Turn on R heel to NE, weight on R leg, L arm in large circle above head turn palm out, L arm over to R side; bend both knees, weight in R leg, L arm goes down by R leg, slide weight over in L leg and L arm sweeps down across the floor to L side  
Snake Creeps Down
- 101) Raise up slowly on L leg (W), L arm moves in front, fist down. Fist R hand and move it in front, crossing under the L wrist. Lift R leg just off the floor (facing W).  
Riding Crane to Seven Stars
- 102) Step back on R, lift R arm above head palm out, L hand by hip, palm down.  
Retreat to Ride Tiger
- 103) Turn full circle round on ball of R foot, both arms sway to R side. L leg steps sideways, move both arms to L, palms facing S. Arms go in high circle from L over to R side; lift R leg, bend knee, slap R foot with L hand then R hand. Both arms in circle down over to L side. Ride Tiger and Pick up Lotus Flower with Right Leg
- 104) R leg steps into NW diag. Both arms lift in front of body and lift up by L side of head, fisting both hands out. L arm Shoots out Arrow to W with fisted hand. At end, unclench L hand and turn palm up. Both arms over to L side, R hand fisted.
- 105) Twisted step with R toes facing N. Both arms over to R.
- 106) Step with L to W, prepare with L arm, punch with R fist, turn R heel to NW
- 107) Weight on R, brush under elbow and draw arms in, body facing NW, double push forward, weight over on L leg (W).
- 108) Weight on R (NW), turn on L heel to N, arms in front and float above head; weight on L. Arms circle down in front, put R leg parallel, weight on both legs; lift both arms in front of chest; cross R arm in front, Carry Tiger, knees still bent; arms down to side of body, straighten legs. Conclusion of Grand Terminus (circling hands for bow from L to R)