

Yang Style Taijiquan (108)¹ 楊式太極拳(一百八)

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Section 1²

Taijiquan Commencement³

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|-----|---|---|------------------------|
| 1. | Ward-off (left-style)
<i>Grasp Sparrow's Tail</i> ⁴ | tàijíquán qǐ shì
zuǒ péng (zuǒ shì)
lǎn què wěi | 太極拳起式
棚 (左式)
攢雀尾 |
| 2. | Ward-off (right-style) ⁵ | yòu péng (yòu shì) | 棚 (右式) |
| 3. | Roll-back | lǚ | 擺 |
| 4. | Press | jǐ | 擠 |
| 5. | Push | àn | 按 |
| 6. | Single Whip | dān biān | 單鞭 |
| 7. | Raise Hands, Step-up | tí shǒu shàng shì | 提手上式 |
| 8. | White Crane Spreads its Wings | bái hè liàng chì | 白鶴亮翅 |
| 9. | Brush Knee, Twist-step (left-style) | lǒu xī āo bù (zuǒ shì) | 攙膝拗步(左式) |
| 10. | Hand Plays the Guitar | shǒu huī pí pá | 手揮琵琶 |
| 11. | Brush Knee, Twist-step (left-style) | lǒu xī āo bù (zuǒ shì) | 攙膝拗步(左式) |
| 12. | Brush Knee, Twist-step (right-style) | lǒu xī āo bù (yòu shì) | 攙膝拗步(右式) |
| 13. | Brush Knee, Twist-step (left-style) | lǒu xī āo bù (zuǒ shì) | 攙膝拗步(左式) |
| 14. | Hand Plays the Guitar | shǒu huī pí pá | 手揮琵琶 |
| 15. | Brush Knee, Twist-step (left-style) | lǒu xī āo bù (zuǒ shì) | 攙膝拗步(左式) |
| 16. | Step-up, Deflect Downward, Parry & Punch | jìn bù bān lán chuí | 進步搬攔捶 |
| 17. | Apparent Closure (and Push) | rú fēng sì bì | 如封似閉 |
| 18. | Cross Hands | shí zǐ shǒu | 十字手 |

Section 2(a)

Embrace Tiger, Return to Mountain⁶

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|-----|---|---|--------------------|
| 19. | (Diagonal) Brush Knee, Twist-step (right-style) | xíe lǒu xī āo bù (yòu shì) | 抱虎歸山
斜攙膝拗步 (右式) |
| 20. | Ward-off, Roll-back, Press, Push | péng, lǚ, jǐ, àn | 棚 擺 擠 按 |
| 21. | Fist Under Elbow ⁷ | zhǒu dǐ chuí | 肘底捶 |
| 22. | Step Back, Repulse like Monkey (right-style) | dǎo niǎn hóu (yòu shì) | 倒擲猴(右式) |
| 23. | Step Back, Repulse like Monkey (left-style) | dǎo niǎn hóu (zuǒ shì) | 倒擲猴(左式) |
| 24. | Step Back, Repulse like Monkey (right-style) | dǎo niǎn hóu (yòu shì) | 倒擲猴(右式) |
| 25. | Step Back, Repulse like Monkey (left-style) | dǎo niǎn hóu (zuǒ shì) | 倒擲猴(左式) |
| 26. | Step Back, Repulse like Monkey (right-style) | dǎo niǎn hóu (yòu shì) | 倒擲猴(右式) |
| 27. | Diagonal Flying | xié fēi shì | 斜飛式 |
| 28. | Raise Hands, Step-up | tí shǒu shàng shì | 提手上式 |
| 29. | White Crane Spreads its Wings | bái hè liàng chì | 白鶴亮翅 |
| 30. | Brush Knee, Twist-step (left-style) | lǒu xī āo bù (zuǒ shì) | 攙膝拗步(左式) |
| 31. | Needle at Sea Bottom | hǎi dǐ zhēn | 海底針 |
| 32. | Fan Through the Back | shàn tōng bèi | 扇通背 |
| 33. | Turn & Chop Opponent with Fist | zhuǎn shēn piē shēn chuí | 轉身撇身捶 |
| 34. | Step-up, Deflect Downward, Parry & Punch
(Step-up) <i>Grasp the Sparrow's Tail</i> | jìn bù bān lán chuí
shàng bù lǎn què wěi | 進步搬攔捶
上步攢雀尾 |
| 35. | Ward-off (left-style)
<i>Grasp Sparrow's Tail</i> | péng (zuǒ shì)
lǎn què wěi | 棚 (左式)
攢雀尾 |
| 36. | Ward-off, Roll-back, Press, Push | péng, lǚ, jǐ, àn | 棚 擺 擠 按 |
| 37. | Single Whip | dān biān | 單鞭 |
| 38. | Cloud Hands (right & left 5x) | yún shǒu (yòu zuǒ shì) | 雲手(右左式五重複) |
| 39. | Single Whip | dān biān | 單鞭 |

Section 2(b)

40.	High Pat on Horse	gāo tàn mǎ	高探馬
41.	Parting Kick (right-style)	fēn jiǎo (yòu shì)	右分腳(右式)
42.	Parting Kick (left-style)	fēn jiǎo (zuǒ shì)	左分腳(左式)
43.	Turn Body Kick with Sole (left-style)	zhuǎn shēn zuǒ dēng jiǎo	轉身左登腳
44.	Brush Knee, Twist-step (left-style)	lǒu xī āo bù (zuǒ shì)	擻膝拗步(左式)
45.	Brush Knee, Twist-step (right-style)	lǒu xī āo bù (yòu shì)	擻膝拗步(右式)
46.	Step-up & Punch Down	jìn bù zāi chuí	進步栽捶
47.	Turn & Chop Opponent with Fist	zhuǎn shēn piē shēn chuí	轉身撇身捶
48.	Step-up, Deflect Downward, Parry & Punch	jìn bù bān lán chuí	進步搬攔捶
49.	Rising Kick (right-style)	yòu tī jiǎo (yòu shì)	右踢腳(右式)
50.	Hit Tiger (left-style)	dǎ hǔ (zuǒ shì)	打虎(左式)
51.	Hit Tiger (right-style)	dǎ hǔ (yòu shì)	打虎(右式)
52.	Rising Kick (right-style)	tī jiǎo (yòu shì)	右踢腳
53.	Double Winds Pierce Ears	shuāng fēng guàn ěr	雙風貫耳
54.	Rising Kick (left-style)	tī jiǎo (zuǒ shì)	左踢腳(左式)
55.	Turn Body & Kick with Sole (right-style)	zhuǎn shēn dēng jiǎo (yòu shì)	轉身登腳(右式)
56.	Step-up, Deflect Downward, Parry & Punch	jìn bù bān lán chuí	進步搬攔捶
57.	Apparent Closure (and Push)	rú fēng sì bì	如封似閉
58.	Cross Hands	shí zǐ shǒu	十字手

Section 3(a)

Embrace Tiger, Return to Mountain

59.	Diagonal Brush Knee (right-style)	bào hǔ guī shān	抱虎歸山
60.	Ward-off, Roll-back, Press, Push	xié lǒu xī āo bù (zuǒ shì)	斜擻膝拗步(左式)
61.	Diagonal Single Whip	péng, lǚ, jǐ, àn	棚擻擠按
62.	Part the Wild Horse's Mane (right-style)	xié dān biān	斜單鞭
63.	Part the Wild Horse's Mane (left-style)	yě mǎ fēn zōng (yòu shì)	野馬分鬃(右式)
64.	Part the Wild Horse's Mane (right-style)	yě mǎ fēn zōng (zuǒ shì)	野馬分鬃(左式)
65.	Ward-off (left-style; Shoulder-striking)	yě mǎ fēn zōng (yòu shì)	野馬分鬃(右式)
	<i>Grasp Sparrow's Tail</i>	zuǒ péng (kào shì)	左棚(靠式)
66.	Ward-off, Roll-back, Press, Push	lǎn què wěi	攢雀尾
67.	Single Whip	péng, lǚ, jǐ, àn	棚擻擠按
68.	Fair Maiden Weaves at Shuttles (1- right-style)	dān biān	單鞭
69.	Fair Maiden Weaves at Shuttles (2- left-style)	yù nǚ chuān suō (yī-yòu shì)	玉女穿梭(一右式)
70.	Fair Maiden Weaves at Shuttles (3- right-style)	yù nǚ chuān suō (èr-zuǒ shì)	玉女穿梭(二左式)
71.	Fair Maiden Weaves at Shuttles (4- left-style)	yù nǚ chuān suō (sān-yòu shì)	玉女穿梭(三右式)
72.	Ward-off (left-style; Shoulder-striking)	yù nǚ chuān suō (sì-zuǒ shì)	玉女穿梭(四左式)
	<i>Grasp the Sparrow's Tail</i>	zuǒ péng (kào shì)	左棚(靠式)
73.	Ward-off, Roll-back, Press, Push	lǎn què wěi	攢雀尾
74.	Single Whip	péng, lǚ, jǐ, àn	棚擻擠按
75.	Cloud Hands (right & left 5 times)	dān biān	單鞭
76.	Single Whip	yún shǒu (yòu/zuǒ shì)	雲手(右左式)
		dān biān	單鞭

Section 3(b)

77.	Snake Creeps Down	shé shēn xià shì	蛇身下勢
78.	Golden Rooster Stands on One Leg (left-style)	jīn jī dú lì (zuǒ shì)	金雞獨立(左式)
79.	Golden Rooster Stands on One Leg (right-style)	jīn jī dú lì (yòu shì)	金雞獨立(右式)
80.	Step Back, Repulse Monkey (left & right 5x)	dǎo niǎn hóu (zuǒ/yòu shì)	倒擡猴(右左式)
81.	Diagonal Flying	xié fēi shì	斜飛式
82.	Raise Hands, Step-up	tí shǒu shàng shì	提手上式
83.	White Crane Spreads its Wings	bái hè liàng chì	白鶴亮翅
84.	Brush Knee, Twist-step (left-style)	lǒu xī āo bù (zuǒ shì)	擻膝拗步(左式)
85.	Needle at Sea Bottom	hǎi dǐ zhēn	海底針
86.	Fan Through the Back	shàn tōng bèi	扇通背
87.	Turn Body, White Snake Spits out Tongue	zhuǎn shēn bái shé tǔ xìn	轉身白蛇吐信
88.	Twist Step, Deflect Downward, Parry & Punch	jìn bù bān lán chuí	進步搬攔捶
89.	Ward-off (left-style) (Step-up) Grasp the Sparrow's Tail	péng (zuǒ shì) shàng bù lǎn què wěi	棚 (左式) 上步攢雀尾
90.	Ward-off, Roll-back, Press, Push	péng, lǚ, jǐ, àn	棚 擻 擠 按
91.	Single Whip	dān biān	單鞭
92.	Cloud Hands (right & left 5x)	yún shǒu (yòu/zuǒ shì)	雲手(右左式)
93.	Single Whip	dān biān	單鞭

Section 3(c)

94.	High Pat on Horse	gāo tàn mǎ	高探馬
95.	Palm Thrust	shí zǐ zhǎng	十子掌
96.	Turn Body, Cross Legs, Kick with Sole	zhuǎn shēn shí zǐ tuǐ	轉身十子腿
97.	Step-up, Punch to Groin (Step-up) Grasp the Sparrow's Tail	jìn bù zhǐ dāng chuí shàng bù lǎn què wěi	進步指裆捶 上步攢雀尾
98.	Ward-off (Step-up), Roll-back, Press, Push	shàng bù péng, lǚ, jǐ, àn	上步棚 擻 擠 按
99.	Single Whip	dān biān	單鞭
100.	Snake Creeps Down	shé shēn xià shì	蛇身下勢
101.	Step-up, Form Seven Stars	shàng bù qī xīng	上步七星
102.	(Small Kick) Retreat to Ride the Tiger	tuì bù kuà hǔ	退步跨虎
103.	Turn Body, Sweep the Lotus	zhuǎn shēn bǎi lián tuǐ	轉身擺蓮腿
104.	Bend Bow, Shoot Tiger	wān gōng shè hǔ	彎弓射虎
105.	Step-up, Deflect Downward, Parry & Punch	jìn bù bān lán chuí	進步搬攔捶
106.	Apparent Closure (and Push)	rú fēng sì bì	如封似閉
107.	Cross Hands	shí zǐ shǒu	十子手
108.	Conclusion of Taiji, Return to Origin	hé tàijí hái yuán	合太極(還源)

¹ The Yang-style Taijiquan barehand routine is also known as, 'Long Fist' or 'Long Boxing' (chángquán 長拳). The name was used to earlier to describe the routines of the Chen family martial art—eventually also referred to as 'taijiquan'. Originally a term used to describe Shaolin Temple (xiǎolín sì 小林寺) martial arts.

² The three major sections end with 'Apparent Closure and Counter with Push' into 'Cross Hands'. The three minor sections end with 'Cloud Hands' into 'Single Whip'. While the form is commonly conceived of as having three sections (the *major* sections), there are actually six sections of more or less equal length. The first major section is $\frac{1}{6}$ of the form and contains no minor sections. The second major section is $\frac{1}{3}$ of the form and contains one minor section. The third major section is $\frac{1}{2}$ of the form and contains two minor sections the first of which is nearly identical to the entire first part of the second major section.

³ The opening is not counted as an actual movement. In some Yang-style solo form variations (including Yang Chengfu's), the 'raise-hands; lower-hands' gesture appears not to have even existed.

⁴ Sorting out the various methods of listing and counting 'Grasp Sparrow's Tail' (lǎn què wěi 攬雀尾) employed by Yang-style taijiquan teachers can be a complicated task since various counting methods are used. 'Grasp Sparrow's Tail' is often used synonymously with 'Ward-off' (péng 棚). The posture is often visualized as if the round, outstretched arm could act as a perch for a bird possessed of long tail feathers which are stroked or held gently by the lower support hand. Some will name the first 'hold the ball' style movement in the form, 'Grasp Sparrow's Tail (right-style)', and the following (actually left-style 'Ward-off'), 'Grasp Sparrow's Tail (left-style)'. This is then followed by 'Ward-off (right-style), Roll-back, Press and Push' each counted as separate movements. Others use the term 'Grasp Sparrow's Tail' to describe the entire sequence of 'Ward-off (right-style), Roll-back, Press, Push'. Some authors avoid the use of the term 'Grasp Sparrow's Tail' entirely.

These variances account for much of the difference in the overall count of the form. Here are two examples: (1) 'Grasp Sparrow's Tail (left-style); 'Grasp Sparrow's Tail (right-style); 'Ward-off'; 'Roll-back'; 'Press'; 'Push', for a total of six counted movements or, 'Grasp Sparrow's Tail' (including Ward-off, Roll-back, Press, Push) for a total of one counted movement. Some count each form in full each time under 'Grasp Sparrow's Tail' but with no count to the heading itself. Others give four counts, one each for 'Ward-off'; 'Roll-back'; 'Press'; 'Push', during their first occurrence in the form but in subsequent re-appearances, the four movements are clustered, only to be counted once under the heading 'Grasp Sparrow's Tail'. This is the case in the list above. 'Ward-off' (right-style), 'Roll-back', 'Press', 'Push' are counted independently at the outset and then as a single count—Ward-off, Roll-back, Press, Push—in later repetitions under the un-tallied banner 'Grasp Sparrow's Tail'.

⁵ The force-energies (jīn 勁) of the left and right-styles of 'Ward-off' differ significantly. The left method, 'Ward-off' (left-style) (zuǒ péng 左棚) is lateral in its orientation and expression, while the 'Ward-off' (right-style) (yòu péng 右棚) is directed squarely, forward along the medial line. It is possible to speak of a 'right handed "Ward-off left"' if the right arm happens to be used to express the lateral variation. Conversely a 'left handed "Ward-off right"' could describe a square energy peng on the left side.

⁶ 'Embrace Tiger Return to Mountain' occurs at the beginning of both the second and third large sections. It is much like 'Grasp Sparrow's Tail' in several ways. First, it is often used to describe a sequence of movements rather than a specific posture. Other times, 'Embrace Tiger Return to Mountain' is taken for the previous posture 'Cross Hands', a gesture which lends itself to the image of 'carrying a tiger' (some authors simply name the 'Cross Hands' posture 'Embrace Tiger Return to Mountain'. It is thus subject of the same type of confusing counting variations as 'Grasp Sparrow's Tail' and 'Ward-off'. Further, the Embrace Tiger sequence, also possesses 'Ward-off'; 'Roll-back'; 'Press' and 'Push' thus being itself a variation of 'Grasp Sparrow's Tail'. Here the matter is treated as before with 'Grasp Sparrow's Tail': the sequence is named but no number is allotted to the term.

⁷ In some older publications 'Fist Under Elbow' is named 'Single Whip'. This is likely a hold-over from earlier versions of the routine which include an actual (diagonal) Single Whip here. Most forms however tend to have a 'Single Whip'-like transition (like the shift from 'An' to Single Whip) which moves directly into 'Fist Under Elbow'.