

Traditional Yang Chen Fu Long Form

Names of Movements

http://www.tungkaiying.com/forms_slow.shtml

Notes by Toni DeMoulin

1. Yu Pei Shih - Preparatory Position
2. T'ai Chi Ch'i Shih - T'ai Chi Ch'uan, Starting Movement
3. Lan Ch'iao Wei - Embracing Peacock's Tail
4. Tan Pien - Single Whip
5. T'i Shou - Close Hands
6. Pai Ho Liang Ch'ih - White Crane Spreads Its Wings
7. Tso Lou Hsi Niu Pu - Brush Left Knee And Push
8. Shou Hui P'i P'a - (step up, step back, on the heel) Playing The Guitar
9. Tso Lou Hsi Niu Pu - Brush Left Knee And Push (pivot)
10. Yu Lou Hsi Niu Pu - Brush Right Knee And Push (pivot)
11. Tso Lou Hsi Niu Pu - Brush Left Knee And Push
12. Shou Hui P'i P'a - (step up, step back, on the heel) Playing The Guitar
13. Tso Lou Hsi Niu Pu - Brush Left Knee And Push
14. Chin Pu Pan Lan Ch'ui - (half step, step forward) Step Forward And Punch
15. Ju Feng Szu Pi - Retreat And Seal
16. Shih Tzu Shou - Cross Hands (End 1st Section)
17. Pao Hu Kuei Shan - **Carry Tiger And Return To The Mountain** (diagonal brush right knee and push, circle right hand, cross and strike, grasp peacocks tail; pull to the left diagonal, elbow strike, pull to the right, left elbow strike; help step left foot, step right foot)
18. Chou Ti K'an Ch'ui - (half step on left heel) **Fist Under The Elbow**
19. Tao Nien Hou - Step Back And **Repulse The Monkey** (step back left, right left)
20. Hsieh Fei Shih - (right hand up and around, right foot to the right side, step right foot on slight diagonal, open) **Slant Flying**
21. T'i Shou - (step up, step back) **Close Hands**
22. Pai Ho Liang Ch'ih - **White Crane Spreads Its Wings**
23. Tso Lou Hsi Niu Pu - **Brush Left Knee And Push**
24. Hai Ti Chen - (step up, step back, hook right wrist) **Needle At The Bottom Of The Sea**
25. Shan T'ung Pi - (raise right hand, step right foot) **Raise Arms And Push**
26. P'ieh Shen Ch'ui - (pivot foot, pivot right heel on diagonal) **Fist Near The Waist**
27. Shang Pu Pan Lan Ch'ui - (right foot step straight, circle and retreat, half step right foot, step forward left foot) **Step Forward And Punch**
28. Lan Ch'iao Wei - (open both hands, pivot left foot, step forward right foot) **Embracing Peacock's Tail**

29. Tan Pien - **Single Whip**
30. Yun Shou - **Cloud Hands** (5 steps)
31. Tan Pien - **Single Whip**
32. Kao T'an Ma - (left hand and foot come back on the toe) **High Pat On Horse**
33. Yu Fen Chio - (step left foot on left diagonal, left hand to right diagonal, pull, right hand cross and strike, gather right foot, open knee and elbows) **Right Side Kick**
34. Tso Fen Chio - (step right foot on right diagonal, right hand to left diagonal, pull, left hand cross and strike, gather left foot, open knee and elbows) **Left Side Kick**
35. Chuan Shen Teng Chio - (step left foot behind right foot, turn, gather left foot and kick) **Turn Back And Kick**
36. Tso Lou Hsi Niu Pu - (step left foot) **Brush Left Knee And Push** (pivot)
37. Yu Lou Hsi Niu Pu - (step right foot) **Brush Right Knee And Push** (pivot)
38. Chin Pu Tsai Ch'ui - (step left foot, brush left knee) **Step Forward And Punch Down**
39. P'ieh Shen Ch'ui - (pivot foot, pivot right heel on diagonal) **Fist Near The Waist**
40. Shang Pu Pan Lan Ch'ui - (right foot step straight, circle and retreat, half step right foot, step forward left foot) **Step Forward And Punch**
41. Hsieh Shen Yu Teng Chio - (pivot left foot) **Right Heel Kick**
42. Ta Hu Shih - (small step right foot, step left foot on back diagonal, open, step right foot on right forward diagonal) **Strike The Tiger** (left and right)
43. Hui Shen Yu Teng Chio - (sit back and pivot left heel, gather right foot and kick right heel) **Retreat And Kick**
44. Shuang Feng Kuan Erh - (small pivot, step right foot on diagonal) **Double Wind Through The Ears**
45. Tso Teng Chio - (small pivot right foot, gather and kick left heel) **Left Heel Kick**
46. Chuan Shen Yu Teng Chio - (spin change feet, gather and kick right foot) **Turn Around And Kick**
47. Shang Pu Pan Lan Ch'ui - (half step right foot, step forward left foot and punch) **Step Forward And Punch**
48. Ju Feng Szu Pi - **Retreat And Seal**
49. Shi Tzu Shou - (stay on the left, put the right foot down and shift the center) **Cross Hands** (End 2nd Section)
50. Pao Hu Kuei Shan - **Carry Tiger And Return To The Mountain**
51. Hsieh Tan Pien - **Diagonal Single Whip**
52. Yeh Ma Fen Tsung - **Wild Horse Separates Its Mane** (three times)
53. Lan Ch'iao Wei - **Embracing Peacock's Tail**
54. Tan Pien - **Single Whip**
55. Yü Nü Ch'uan So - **Fair Lady At The Shuttle** (in the four diagonal directions)
56. Lan Ch'iao Wei - **Embracing Peacock's Tail**
57. Tan Pien - **Single Whip**

58. Yun Shou - **Cloud Hands**
59. Tan Pien - **Single Whip**
60. Tan Pien Hsia Shih - **Single Whip Lower Posture**
61. Chin Chi Tu Li - **Golden Cock Stands On One Leg**
62. Tao Nien Hou - **Step Back And Repulse The Monkey**
63. Hsieh Fei Shih - **Slant Flying**
64. T'i Shou - **Close Hands**
65. Pai Ho Liang Ch'ih - **White Crane Spreads Its Wings**
66. Tso Lou Hsi Niu Pu - **Brush Left Knee And Push**
67. Hai Ti Chen - **Needle At The Bottom Of The Sea**
68. Shan T'ung Pi - **Raise Arms And Push**
69. Pai She T'u Hsin - **White Snake Strikes With Tongue**
70. Shang Pu Pan Lan Ch'ui - **Step Forward And Punch**
71. Lan Ch'iao Wei - **Embracing Peacock's Tail**
72. Tan Pien - **Single Whip**
73. Yun Shou - **Cloud Hands**
74. Tan Pien - **Single Whip**
75. Kao T'an Ma - **High Pat On Horse**
76. Tai Ch'uan Chang - **Thrust Out Palm**
77. Chuan Shen Shih Tzu T'ui - **Turn Back And Cross Kick**
78. Chin Pu Chih Tang Ch'ui - **Step Forward And Punch Groin**
79. Lan Ch'iao Wei - **Embracing Peacock's Tail (With Step)**
80. Tan Pien - **Single Whip**
81. Tan Pien Hsia Shih - **Single Whip Lower Posture**
82. Shang Pu Ch'i Hsing Ch'ui - **Step Forward And Seven Stars Punch**
83. T'ui Pu K'ua Hu - **Step Back And Ride Tiger**
84. Chuan Shen Shuang Pai Lian - **Turn Around And Double Lotus Kick**
85. Wan Kung She Hu - **Pull Bow And Shoot Tiger**
86. Shang Pu Pan Lan Ch'ui - **Step Forward And Punch**
87. Ju Feng Szu Pi - **Retreat And Seal**
88. Shih Tzu Shou - **Cross Hands**
89. Ho Tai Chi - **T'ai Chi Ch'uan, Ending Movement**