



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

As described by Gerda Geddes and revised by Maedée Duprès

PART I

1st 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

2nd 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