

The Yang Style Long Form

Tai Chi Pearl City – Sifu Paul Imada

First Stage:

1. Tai chi begins
2. Lift up
3. Down
4. Turn right
5. Grasping sparrow's tail, left
6. Ward off
7. Roll back
8. Press
9. Separate, wrists at chest level
10. Shift back, wrists at eye level
11. Turn & circle
12. Swipe in front of you
13. Push
14. Shift back, toes up
15. Relax the hands
16. Scoop left, shift right
17. Chicken beak
18. Single whip
19. Lift hands
20. Groin block
21. Shoulder strike
22. White crane spreads wings
23. Right hand face block; turn left hand palm up
24. Level both hands at chest height, right hand is palm down
25. Turn both hands over as you pass them right
26. Roll back position
27. Brush knee and twist, left
28. Lift hands
29. Brush knee and twist #1
30. Brush knee and twist #2
31. Brush knee and twist #3
32. Lift hands
33. Brush knee and twist, left
34. Deflect
35. Parry
36. Punch
37. Withdraw
38. Left scoop, look into mirror
39. Close
40. Embrace tiger, cross hands
41. Shift right, turn in left toe towards right heel
42. Rest weight on left leg, holding the ball (right arm on top)
43. Roll back position
44. Step diagonal right
45. Brush knee and twist, right
46. Roll back
47. Press
48. Separate, wrists at chest level
49. Shift back, wrists at eye level
50. Turn & circle
51. Swipe in front of you
52. Push
53. Shift back, flat single whip
54. Paint the circle, left
55. Step in cold water, right
56. Scoop left
57. Shift right, scoop right
58. Right fist under left elbow
59. Set (open both hands)
60. Focus on right hand
61. Focus on left hand
62. Repulse monkey #1
63. Repulse monkey #2
64. Repulse monkey #3
65. Step back, forming the T
66. Close the left side
67. Grasping sparrow's tail, right
68. Lift hands
69. Groin block
70. Shoulder strike
71. White crane spreads wings
72. Right hand face block; turn left hand palm up
73. Level both hands at chest height, right hand is palm down
74. Turn both hands over as you pass them right
75. Roll back position
76. Brush knee and twist, left
77. Needle to sea bottom
78. Fan through the back
79. Turn round and chop with fist
80. Shift back, turn, alternate hands
81. Deflect
82. Parry
83. Punch
84. Shift back, holding the ball
85. Turn the "ball" clockwise
86. Turn the "ball" left
87. Ward off
88. Roll back
89. Press
90. Separate, wrists at chest level
91. Shift back, wrists at eye level
92. Turn & circle
93. Swipe in front of you
94. Push
95. Shift back, toes up
96. Turn into your left side
97. Relax the hands
98. Scoop left, shift right
99. Right hand chicken beak
100. Single whip
101. Cloud hands #1
102. Cloud hands #2
103. Cloud hands #3
104. Single whip
105. Shift back, open both hands
106. High pat on horse, left
107. Diagonal step, left
108. High pat on horse
109. Shift back, scoop back
110. Shift forward, cross hands
111. Instep kick with right foot
112. High pat on horse, right
113. Shift back, scoop back
114. Shift forward, cross hands
115. Instep kick with left foot
116. Step left foot behind right foot, turn left
117. Heel kick with left foot
118. Brush knee and twist, left
119. Brush knee and twist, right
120. Make a fist with right hand, punch down, left
121. Turn and chop with fist
122. Shift back, turn, alternate hands, turn back
123. Deflect
124. Parry
125. Punch
126. Shift back, scoop, cross hands
127. Heel kick with right foot
128. Feet together, fists palms down
129. Turn left, turn up left fist
130. Counterclockwise diagonal step, left
131. Temple strike, left hand
132. Rib strike, right hand
133. Shift back, level fists at waist (palms down)
134. Turn right, turn up right fist
135. Clockwise diagonal step, right
136. Temple strike, right hand
137. Rib strike, left hand
138. Shift back, scoop
139. Heel kick with right foot
140. Pivot shift right, elbows block
141. Step forward into front stance, temple strike, both fists
142. Scoop, cross hands
143. Heel kick with left foot
144. Cross left foot in front of right
145. Turn completely around
146. Heel kick with right foot
147. Deflect
148. Parry
149. Punch
150. Withdraw
151. Left scoop, look into mirror
152. Close
153. Embrace tiger, cross hands
154. Shift right, turn in left toe towards right heel
155. Rest weight on left leg, holding the ball (right arm on top)
156. Roll back position
157. Step diagonal right
158. Brush knee and twist, right

The Kicking Stage:

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159. Roll back
160. Press
161. Separate, wrists at chest level
162. Shift back, wrists at eye level
163. Turn & circle
164. Swipe in front of you
165. Push
166. Shift back, toes up
167. Turn into your left side
168. Relax the hands
169. Scoop left, shift right
170. Chicken beak
171. Diagonal single whip

Fancy Stage:

172. Part horse's mane, right
173. Part horse's mane, left
174. Part horse's mane, right
175. Grasping sparrow's tail, left
176. Ward off
177. Roll back
178. Press
179. Separate, wrists at chest level
180. Shift back, wrists at eye level
181. Turn & circle
182. Swipe in front of you
183. Push
184. Shift back, toes up
185. Turn into your left side
186. Relax the hands
187. Scoop left, shift right
188. Chicken beak
189. Single whip
190. Fair lady on shuttle, left
191. Fair lady on shuttle, right
192. Fair lady on shuttle, left
193. Fair lady on shuttle, right
194. Grasping sparrow's tail, left
195. Ward off
196. Roll back
197. Press
198. Separate, wrists at chest level
199. Shift back, wrists at eye level
200. Turn & circle
201. Swipe in front of you
202. Push
203. Shift back, toes up
204. Turn into your left side
205. Relax the hands
206. Scoop left, shift right
207. Chicken beak
208. Single whip
209. Cloud hands #1
210. Cloud hands #2
211. Cloud hands #3
212. Single whip
213. Snake creeps down
214. Cock stands on one foot, lift up right leg

215. Cock stands on one foot, lift up left leg
216. Set (open both hands)
217. Focus on the right hand
218. Focus on the left hand
219. Repulse monkey #1
220. Repulse monkey #2
221. Repulse monkey #3
222. Forming the T
223. Close the left side
224. Grasping sparrow's tail, right
225. Lift hands
226. Groin block
227. Shoulder strike
228. White crane spreads wings
229. Right hand face block; turn left hand palm up
230. Level both hands at chest height, right hand is palm down
231. Turn both hands over as you pass them right
232. Roll back position
233. Brush knee and twist, left
234. Needle to sea bottom
235. Fan through the back
236. Turn around and chop with open hand
237. Shift back, alternate hands
238. Forward, open right palm up
239. Shift back, open left palm down
240. Snake sticks out tongue, right
241. Deflect
242. Parry
243. Punch
244. Shift back, holding the ball
245. Turn the "ball" clockwise
246. Turn the "ball" left
247. Ward off
248. Roll back
249. Press
250. Separate, wrists at chest level
251. Shift back, wrists at eye level
252. Turn & circle
253. Swipe in front of you
254. Push
255. Shift back, toes up
256. Turn into your left side
257. Relax the hands
258. Scoop left, shift right
259. Chicken beak
260. Single whip
261. Cloud hands #1
262. Cloud hands #2
263. Cloud hands #3
264. Single whip

Snake Sticks Out Tongue Stage:

265. Shift back open both hands
266. High pat on horse

267. Snake sticks out tongue, left
268. Shift back, turn right
269. Two fast heel kicks, right
270. Deflect
271. Parry
272. Punch to the side
273. Shift back, holding the ball
274. Turn the "ball" clockwise
275. Turn the "ball" left
276. Ward off
277. Roll back, *back leg steps up*
278. Press, *front leg steps forward*
279. Separate, wrists at chest level
280. Shift back, wrists at eye level
281. Turn & circle
282. Swipe in front of you
283. Push
284. Shift back toes up
285. Turn into your left side
286. Relax the hands
287. Scoop left, shift right
288. Single whip
289. Snake creeps down
290. Step up to seven stars
291. Step back, white crane spreads wings (right up, left down)
292. Alternate hands
293. Right hand across your chest
294. Cross left leg over your right
295. Turn completely around (turning right), both hands crossing right
296. Sweep both hands right to left and (at the same time):
297. In-to-out crescent kick with right foot, hands striking foot at the top of the kick
298. Pull the bow
299. Open up your left side
300. Deflect
301. Parry
302. Punch
303. Withdraw
304. Left scoop, look into mirror
305. Close
306. Tai chi ends

Ending the Form:

1. Bring in right leg, feet together
2. Clasp hands together
3. Take deep breaths to settle down
4. Unclasp hands, palms facing out
5. Circle palms from out to in
6. Rest palms on thighs
7. Right foot steps out, shoulder width stance