Yang Tai Chi Form

Part One
1. Begin Tai Chi (Taiji Qi Shi, 太極起勢)
2. Grasp the Sparrow’s Tail: Right (You Lan Que Wei, 右撈雀尾)
3. Grasp the Sparrow’s Tail: Left (Zuo Lan Que Wei, 左撈雀尾)
4. Wardoff (Peng, 捩)
5. Rollback (Lu, 捩)
6. Press (Ji, 捩)
7. Push Forward (An, 捩)
8. Single Whip (Dan Bian, 单鞭)
9. Lift Hands to the Up Posture (Ti Shou Shang Shi, 提手上勢)
10. The Crane Spreads Its Wings (Bai He Liang Chi, 白鶴亮翅)
11. Brush Knee and Step Forward: Left (Zuo Lou Xi Ao Bu, 左攔膝拗步)
12. Play the Guitar (Shou Hui Pi Pa, 手揮琵琶)
13. Twist Body, Brush Knee and Step Forward: Left (Zuo Lou Xi Ao Bu, 左攔膝拗步)
14. Twist Body, Brush Knee and Step Forward: Right (You Lou Xi Ao Bu, 右攔膝拗步)
15. Twist Body, Brush Knee and Step Forward: Left (Zuo Lou Xi Ao Bu, 左攔膝拗步)
16. Play the Guitar (Shou Hui Pi Pa, 手揮琵琶)
17. Twist Body, Brush Knee and Step Forward: Left (Zuo Lou Xi Ao Bu, 左攔膝拗步)
18. Twist Body and Circle the Fist (Pie Shen Chui, 椰身挾)
19. Step Forward, Deflect Downward, Parry and Punch (Jin Bu Ban Lan Chui, 進步搬攔捶)
20. Seal Tightly (Ru Feng Si Bi, 如封似閉)
21. Embrace the Tiger and Return to the Mountain (Bao Hu Gui Shan, 抱虎歸山)
22. Close Tai Chi (He Taiji, 合太極)

Transition Form (Guo Du Shi, 過渡勢)

Part Two
24. Single Whip (Dan Bian, 单鞭)
25. Punch Under the Elbow (Zhou Di Kan Chui, 肘底看捶)
26. Step Back and Repulse the Monkey: Left (Zuo Dao Nian Hou, 左倒攆猴)
27. Step Back and Repulse the Monkey: Right (You Dao Nian Hou, 右倒攆猴)
28. Step Back and Repulse the Monkey: Left (Zuo Dao Nian Hou, 左倒攆猴)
29. Diagonal Flying (Xie Fei Shi, 斜飛勢)
30. Lift Hands to the Up Posture (Ti Shou Shang Shi, 提手上勢)
31. The Crane Spreads Its Wings (Bai He Liang Chi, 白鶴亮翅)
32. Brush Knee and Step Forward: Left (Zuo Lou Xi Ao Bu, 左攔膝拗步)
33. Pick Up the Needle from the Sea Bottom (Hai Di Lao Zhen, 海底撈針)
34. Fan Back (Shan Tong Bei, 扇通背)
35. Turn, Twist Body, and Circle the Fist (Zhuang Shan Pie Shen Chui, 轉身挾身挾)
36. Step Forward, Deflect Downward, Parry and Punch (Jin Bu Ban Lan Chui, 進步搬攔捶)
37. Step Forward, Wardoff, Rollback, Press and Push Forward (Shang Bu Peng Lu Ji An, 上步精螺旋挾)
38. Single Whip (Dan Bian, 单鞭)
39. Wave Hands in the Clouds: Right (You Yun Shou, 右雲手)
40. Wave Hands in the Clouds: Left (Zuo Yun Shou, 左雲手)
41. Wave Hands in the Clouds: Right (You Yun Shou, 右雲手)
42. Single Whip (Dan Bian, 单鞭)
43. Stand High to Search Out the Horse (Gao Tan Ma, 高探馬)
44. Separate Right Foot (You Fen Jiao, 右分腳)
45. Separate Left Foot (Zuo Fen Jiao, 左分腳)
46. Turn and Kick with the Heel: 90 degrees (Zhuang Shan Pie Shen Chui, 轉身挾身挾)
47. Brush Knee and Step Forward: Left (Zuo Lou Xi Ao Bu, 左攔膝拗步)
48. Brush Knee and Step Forward: Right (You Lou Xi Ao Bu, 右攔膝拗步)
49. Step Forward and Strike Down with the Fist (Jin Bu Zai Chui, 進步栽捶)
50. Turn, Twist Body, and Circle the Fist (Zhuang Shan Pie Shen Chui, 轉身挾身挾)
51. Step Forward, Deflect Downward, Parry and Punch (Jin Bu Ban Lan Chui, 進步搬攔捶)
52. Kick Right (You Ti Jiao, 右踢腳)
53. Strike the Tiger: Right (You Da Hu, 右打虎)
54. Strike the Tiger: Left (Zuo Da Hu, 左打虎)
55. Kick Right (You Ti Jiao, 右踢腳)
56. Attack the Ears with the Fists (Shuang Feng Guan Er, 雙風貫耳)
57. Kick Left (Zuo Ti Jiao, 左踢腳)
58. Turn and Kick with the Heel: 270 degrees (Zhuang Shan Pie Shen Chui, 轉身挾身挾)
59. Twist the Body and Circle the Fist (Pie Shen Chui, 椰身挾)
60. Step Forward, Deflect Downward, Parry, and Punch (Jin Bu Ban Lan Chui, 進步搬攔捶)
61. Seal Tightly (Ru Feng Si Bi, 如封似閉)
62. Embrace the Tiger and Return to the Mountain (Bao Hu Gui Shan, 抱虎歸山)
63. Close Tai Chi (He Taiji, 合太極)

Transition Form (Guo Du Shi, 過渡勢)
79. Wave Hands in the Clouds: Right
   (You Yun Shou, 右雲手)
80. Single Whip (Dan Bian, 拍鞭)
81. The Snake Creeps Down
    (She Shen Xia Shi, 蛇身下勢)
82. Golden Rooster Stands on One Leg:
    Right (You Jin Ji Du Li, 右金雞獨立)
83. Golden Rooster Stands on One Leg:
    Left (Zuo Jin Ji Du Li, 左金雞獨立)
84. Step Back and Repulse the Monkey:
    Left (Zuo Dao Nian Hou, 左倒攆猴)
85. Diagonal Flying (Xie Fei Shi, 斜飛勢)
86. Lift Hands to the Up Posture
    (Ti Shou Shang Shi, 提手上勢)
87. The White Crane Spreads Its Wings
    (Bai He Liang Chi, 白鶴亮翅)
88. Brush Knee and Step Forward:
    Left (Zuo Lou Xi Ao Bu, 左摟膝拗步)
89. Pick Up the Needle from the Sea Bottom
    (Hai Di Lao Zhen, 海底撈針)
90. Fan Back (Shan T ong Bei, 扇通背)
91. The White Snake Turns Its Body
    and Spits Poison
    (Zhuan Shen Bai She T u Xin, 轉身白蛇吐信)
92. Step Forward, Deflect Downward,
    Parry, and Punch
    (Jin Bu Ban Lan Chui, 進步搬欄捶)
93. Step Forward, Wardoff, Rollback,
    Press, and Push Forward
    (Shang Bu Peng Lu Ji An, 上步掙膝擁按)
94. Single Whip (Dan Bian, 拍鞭)
95. Wave Hands in the Clouds: Right
    (You Yun Shou, 右雲手)
96. Single Whip (Dan Bian, 拍鞭)