

108 Long form - MIAM Yang Style

#	English	Chinese	Note
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Section 1

1	Preparation / Beginning taiji	yùbèi shì / tàijíquán qǐshì	
2	Ward-off / Left Peng	zuǒ péng	
	<i>Grasp the sparrow's tail (right)</i>	lǎn què wéi	
3	Ward-off / Right Peng	yòu péng	
4	Roll-back	lǚ	
5	Press	jī	
6	Push	àn	
7	Single Whip - 10 repeats	dān biān	
8	Step up to Raise Hands	tí shǒu shàng shì	
9	White Crane spreads its wings	bái hè liàng chì	
10	Brush Knee, Twist -step (left style)	lōu xī ào bù (zuǒ shì)	
11	Right hand strums the lute (pipa)	shǒu huī pípá	
12	Brush Knee, Twist -step (left style)	lōu xī ào bù (zuǒ shì)	
13	Brush Knee, Twist -step (right style)	lōu xī ào bù (yòu shì)	
14	Brush Knee, Twist -step (left style)	lōu xī ào bù (zuǒ shì)	
15	Right Hand Strums the Lute (pipa)	shǒu huī pípá	
16	Brush Knee, Twist -step (left)	zuǒ lōu xī ào bù	
17	Step-up, Deflect Downward, Parry and Punch	jìn bù bān lán chuī	
18	Apparent close & counter with push	rú fēng sì bì	
19	Cross hands	shí zì shǒu	

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Section 2(a)			
	<i>Embrace Tiger, Return to Mountain</i>	bào hǔ guī shān	
20	(Diagonal) Brush Knee, Twist Step (right style)	xié lóu xī ào bù (zuǒ shì)	
	<i>Grasp the sparrow's tail</i>	lǎn què wéi	
22	Fist Under Elbow.	zhǒu dǐ chuí	
23	Retreat to repulse monkey (right)	zuǒ dào niǎn hóu	
24	Retreat to repulse monkey (left)	yòu dào niǎn hóu	
25	Retreat to repulse monkey (right)	zuǒ dào niǎn hóu	
26	Retreat to repulse monkey (left)	yòu dào niǎn hóu	
27	Retreat to repulse monkey(right)	zuǒ dào niǎn hóu	
28	Diagonal Flying	xié fēi shì	
29	Step up to Raise Hands	tí shǒu shàng shì	
30	White Crane Spreads its Wings	bái hè liàng chì	
31	Brush Knee, Twist-step (left style)	lōu xī ào bù (zuǒ shì)	
32	Needle to the bottom of the sea	hǎi dǐ zhēn	
33	Fan through the back	shān tōng bèi	
34	Turn and Chop Opponent with Fist	zhuǎn shēn piě shēn chuí	
35	Step-up, Deflect Downward, Parry and Punch	jìn bù bān lán chuí	
	<i>(Step-up) Grasp the sparrow's tail</i>	shàng bù lǎn què wéi	
36	Ward-off / Left Peng	zuǒ péng	
	<i>Grasp the sparrow's tail</i>	lǎn què wéi	
37	Ward-off, Roll-back, Press, Push	péng, lǚ, jī, àn	
38	Single whip	dān biān	
39	Cloud hands (5 times)	yūnshǒu (yī, èr, sān, sì, wǔ)	
40	Single whip	dān biān	

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Section 2(b)

41	High Pat on Horse	gāo tàn mǎ	
42	Parting Kick (right style)	fēn jiǎo (yòu shì)	
43	Parting Kick (left style)	fēn jiǎo (zuǒ shì)	
44	Turn and Kick with left Heel	zhuǎn shēn zuǒ dēng jiǎo	
45	Brush Left Knee and Push	zuǒ lōu xī ào bù (variation)	
46	Brush Right Knee and Push	yòu lōu xī ào bù (variation)	
47	Brush Left Knee (Step-up) and Punch down	jìn bù zāi chuí	
48	Turn and Chop Opponent with Fist	zhuǎn shēn piě shēn chuí	
49	Step-up, Deflect Downward, Parry and Punch	jìn bù bān lán chuí	
50	Rising Kick (left style)	tì jiǎo (yòu shì)	
51	Hit tiger (left)	dǎ hǔ (zuǒ shì)	
52	Hit tiger (right)	dǎ hǔ (yòu shì)	
53	Rising Kick (right style)	tì jiǎo (yòu shì)	
54	Double Wind to the Ears	shuāng fēng guàn ěr	
55	Left Rising Kick	zuǒ tì jiǎo	
56	Turn Body and Kick with Sole (right style)	huí shēn yòu dēng jiǎo (yòu shì)	
57	Step-up, Deflect Downward, Parry and Punch	jìn bù bān lán chuí	
58	Apparent Close & counter with Push	rú fēng sì bì	
59	Cross Hands	shí zì shǒu	

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#	English	Chinese	Note
Section 3(a)			
	<i>Embrace Tiger, Return to Mountain</i>	bào hǔ guī shān	
60	(Diagonal) Brush Knee, Twist Step (right style)	xié lóu xī ào bù (zuǒ shì)	
	<i>Grasp the sparrow's tail</i>	lǎn què wéi	
61	Ward-off, Roll-back, Press, Push	péng, lǚ, jī, àn	
62	Diagonal Single Whip	xié dān biān	
63	Part the Horse's Mane (right)	yòu yē mǎ fēn zōng	
64	Part the Horse's Mane (left)	zuǒ yē mǎ fēn zōng	
65	Part the Horse's Mane (right)	yòu yē mǎ fēn zōng	
66	Ward-off (left-style, shoulder-striking)	zuǒ péng (kào shì)	
	<i>Grasp the sparrow's tail</i>	lǎn què wéi	
67	Ward-off, Roll-back, Press, Push	péng, lǚ, jī, àn	
68	Single Whip	dān biān	
69	Fair Maiden Weaves Shuttles (right)	yù nǚ chuān suō (yī - yòu shì)	
70	Fair Maiden Weaves Shuttles (left)	yùnǚ chuānsuō (èr - zuǒ shì)	
71	Fair Maiden Weaves Shuttles (right)	yùnǚ chuānsuō (sān - yòu shì)	
72	Fair Maiden Weaves Shuttles (left)	yùnǚ chuānsuō (sì - zuǒ shì)	
73	Ward-off (left-style, shoulder-striking)	zuǒ péng (kào shì)	
	<i>Grasp the sparrow's tail</i>	lǎn què wéi	
74	Ward-off, Roll-back, Press, Push	péng, lǚ, jī, àn	
75	Single whip	dān biān	
76	Cloud hands (5 times)	yūnshǒu (yī, èr, sān, sì, wǔ)	
77	Single whip	dān biān	

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Section 3(b)

78	Snake Creeps to the Left	shé shēn xíng xià shì	
79	Golden Rooster Stands on Left Leg	yòu jīn jī dú lì	
80	Golden Rooster Stands on Right Leg	zuǒ jīn jī dú lì	
81	Retreat to Repulse Monkey (left & right 5x)	dào niǎn hóu (zuǒ / yòu shì)	
82	Diagonal Flying	xié fēi shì	
83	Step up to Raise Hands	tí shǒu shàng shì	
84	White Crane Spreads its Wings	bái hè liàng chì	
85	Brush Knee, Twist -step (left style)	lōu xī ào bù (zuǒ shì)	
86	Needle to the Bottom of the Sea	hǎi dǐ zhēn	
87	Fan Through the Back	shān tōng bèi	
88	Turn Body, White Snake Spits out Tongue	zhuǎn shēn bái shé tǔ xìn	
89	Twist Step, Deflect Downward, Parry and Punch	jìn bù bān lán chuī	
90	Ward-off / Left Peng	zuǒ péng	
	<i>(Step-up) Grasp the sparrow's tail</i>	shàng bù lǎn què wéi	
91	Ward-off, Roll-back, Press, Push	péng, lǚ, jī, àn	
92	Single whip	dān biān	
93	Cloud hands (5 times)	yūnshǒu (yī, èr, sān, sì, wǔ)	
94	Single whip	dān biān	

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Section 3(c)			
95	High Pat on Horse	gāo tàn mǎ	
96	(Piercing) Palm Thrust	(chuān shēn) shí zì zhǎng	
97	Turn Body, Cross Legs, Kick with Sole	zhuǎn shēn shí zì tuǐ	
98	Step (forward)/(up) and punch groin	(lōu xī)/(jìn bù) zhǐ dāng chuī	
	(Step-up) Grasp the sparrow's tail	shàng bù lǎn què wéi	
99	Ward-off (step-up), Roll-back, Press, Push	shàng bù péng, lǚ, jī, àn	
###	Single whip	dān biān	
###	Snake creeps left (with fist)	shé shēn xíng xià shì	
###	Step up to Form the Seven Stars	shàng bù qī xīng	
###	(Small Kick) Retreat to Ride the Tiger	tuì bù kuà hǔ	
###	Turn & Right Leg Sweeps the Lotus	zhuǎn shēn bǎi lián tuǐ	
###	Bend the Bow to Shoot the Tiger	wān gōng shè hǔ	
###	Twist Step, Deflect Downward, Parry and Punch	jìn bù bān lán chuī	
###	Apparent Close & Counter with Push	rú fēng sì bì	
###	Cross hands	shí zì shǒu	
	Conclusion of Taiji, Return to Origin	hé tàijí hái yuán	