

Yang-Style Long Form

1. 起勢 Qǐshì - Commencing Form
2. 斜飞棚 Xié fēi péng - Oblique Ward-off
3. 揽雀尾 Lǎn què wěi - Grasp the Bird's Tail
4. 单鞭 Dānbiān - Single Whip
5. 提手上势 Tí shǒu shàng shì - Lift Hands
6. 白鹤亮翅 Bái hè liàng chì - White Crane Spreads Wings
7. 右搂膝拗步 Yòu lōu xī ào bù - Right Brush Knee Push
8. 手挥琵琶 Shǒu huī pí pā - Playing the Pipa
9. 搂膝拗步 Lōu xī ào bù - Brush Knee Push (RLR)
10. 手挥琵琶 Shǒu huī pí pā - Playing the Pipa
11. 右搂膝拗步 Yòu lōu xī ào bù - Right Brush Knee Push
12. 进步搬拦捶 Jìn bù bān lán chuí - Advance, block, parry, punch
13. 如封似闭 Rú fēng sì bì - Apparent closing (Withdraw and Push)
14. 十字手 Shízì shǒu - Cross Hands
15. 抱虎归山 Bàohǔ Guīshān - Embrace Tiger Return to Mountain
16. 肘底捶 Zhǒu dǐ chuí - Fist Under the Elbow
17. 倒黏猴 Dào nián hóu - Repulse Monkeys (x3)
18. 斜飞势 Xié fēi shì - Slant Flying
19. 提手上势 Tí shǒu shàng shì - Lift Hands

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| 20. | 白鹤亮翅 | Bái hè liàng chì - White Crane Spreads Wings |
| 21. | 右搂膝拗步 | Yòu lōu xī ào bù – Right Brush Knee Push |
| 22. | 海底针 | Hǎi dǐ zhēn - Needle at Sea Bottom |
| 23. | 闪通臂 | Shǎn tōng bì - Fan Through Back |
| 24. | 转身撇身捶 | Zhuǎn shēn piē shēn chuí - Turn and Strike with Backfist |
| 25. | 进步搬拦捶 | Jìn bù bān lán chuí - Advance, block, parry, punch |
| 26. | 上步揽雀尾 | Shàng bù lǎn què wěi - Step Up and Grasp the Bird's Tail |
| 27. | 单鞭 | Dānbiān - Single Whip |
| 28. | 云手 | Yún shǒu - Cloud hands (x3) |
| 29. | 云单鞭 | Yún Dānbiān - Single Whip |
| 30. | 高探马 | Gāo tàn mǎ - High Pat on Horse |
| 31. | 右左分脚 | Yòu zuǒ fēn jiǎo - Separate Right/Left Foot |
| 32. | 转身左蹬脚 | Zhuǎn shēn zuǒ dēng jiǎo Turn and Strike with Heel Left |
| 33. | 右左搂膝拗步 | Yòu zuǒ lōu xī ào bù - Right/Left Brush Knee Push |
| 34. | 进步栽锤 | Jìn bù zāi chuí - Step Up and Punch Down |
| 35. | 转身撇身捶 | Zhuǎn shēn piē shēn chuí - Turn and Strike with Backfist |
| 36. | 进步搬拦捶 | Jìn bù bān lán chuí - Advance, block, parry, punch |
| 37. | 右蹬脚 | Yòu dēng jiǎo Strike with Heel Right |
| 38. | 左右打虎势 | Zuǒ yòu dǎ hǔ shì – Left/Right Hit the Tiger |
| 39. | 右蹬脚 | Yòu dēng jiǎo - Strike with Heel Right |
| 40. | 双峰贯耳 | Shuāng fēng guàn ěr - Box the Tiger's Ears |

41. 左蹬脚 Zuǒ dēng jiǎo - Strike with Heel Left
42. 转身右蹬脚 Zhuǎn shēn yòu dēng jiǎo - Turn and Strike with Heel Right
43. 进步搬拦捶 Jìn bù bān lán chuí - Advance, block, parry, punch
44. 如封似闭 Rú fēng sì bì - Apparent closing (Withdraw and Push)
45. 十字手 Shízì shǒu - Cross Hands
46. 抱虎归山 Bàohǔ guīshān - Embrace Tiger Return to Mountain
47. 歇单鞭 Xiē dānbiān - Diagonal Single Whip
48. 野马分鬃 Yé mǎ fēn zōng - Part the Wild Horse's Mane
49. 上步揽雀尾 Shàng bù lǎn què wěi - Step Up and Grasp the Bird's Tail
50. 单鞭 Dānbiān - Single Whip
51. 玉女穿梭 Yù nǚ chuān suō - Fair Lady Works the Shuttle (Four Corners)
52. 斜飞棚 Xié fēi péng - Oblique Ward-off
53. 揽雀尾 Lǎn què wěi - Grasp the Bird's Tail
54. 单鞭 Dānbiān - Single Whip
55. 云手 Yún shǒu - Cloud hands (x3)
56. 云单鞭 Yún dānbiān - Single Whip
57. 下势 Xià shì Snake Creeps Down
58. 左右金鸡独立 Zuǒ yòu Jīn jī dúlì Golden Rooster Stands on Left/Right Leg
59. 倒黏猴 Dào nián hóu - Repulse Monkeys
60. 斜飞势 Xié fēi shì - Slant Flying
61. 提手上势 Tí shǒu shàng shì - Lift Hands

62. 白鹤亮翅 Bái hè liàng chì - White Crane Spreads Wings
63. 右搂膝拗步 Yòu lōu xī ào bù - Brush Knee Push
64. 海底针 Hǎi dǐ zhēn - Needle at Sea Bottom
65. 闪通臂 Shǎn tōng bì - Fan Through Back
66. 转身白蛇吐信 Zhuǎn shēn bái shé tǔ xìn - Turn Body White Snake Spits Out His Tongue
67. 进步搬拦捶 Jìn bù bān lán chuí - Advance, block, parry, punch
68. 上步揽雀尾 Shàng bù lǎn què wěi - Step Up and Grasp the Bird's Tail
69. 单鞭 Dānbiān - Single Whip
70. 云手 Yún shǒu - Cloud hands (x3)
71. 云单鞭 Yún dānbiān - Single Whip
72. 高探马 Gāo tàn mǎ - High Pat on Horse
73. 穿掌 Chuān zhǎng - Piercing Palm
74. 转身十字腿 Zhuǎn shēn shí zì tuǐ - Turn Body Cross Form Kick
75. 进步搬指裆捶 Jìn bù zhǐ dāng chuí - Step Forward Punch to Groin
76. 上步揽雀尾 Shàng bù lǎn què wěi - Step Up and Grasp the Bird's Tail
77. 单鞭 Dānbiān - Single Whip
78. 下势 Xià shì - Snake Creeps Down
79. 上步七星 Shàng bù qī xīng - Step Up Seven Stars
80. 退步跨虎 Tuì bù kuà hǔ - Step Back and Ride the Tiger
81. 转身白莲 Zhuǎn shēn bái lián - Turn Body Sweep the Lotus
82. 弯弓射虎 Wān gōng shè hǔ - Bend Bow Shoot Tiger

83. 進步搬拦捶 Jìn bù bān lán chuí - Advance, block, parry, punch
84. 如封似闭 Rú fēng sì bì - Apparent closing (Withdraw and Push)
85. 十字手 Shízì shǒu - Cross Hands
86. 收势 Shōu shì - Close form