

# Yang Long Form

Clock Position	Series	Number	Description	Stance	Step Direction
12	White Crane Series	1	Wu Chi		
12		2	T'ai Chi: Opening	Horse Stance	
12		3	Grasp the Sparrow's Tail: Ward-Off Left	Bow Stance	Forward
3		4	Grasp the Sparrow's Tail: Ward-Off Right	Bow Stance	Right
3		5	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	
9		6	Single Whip	Open Bow Stance	Left
12		7	Hands High (also, Lift Hands)	Bow Stance	Forward
11		8	Shoulder Block	Bow Stance	Right
9		9	White Crane Cools Its Wings	Feather Step	Left
9		10	Brush Knee and Twist Step	Bow Stance	Left
9		11	Playing the Lute (also, Play Guitar)	Bow/Heel Stance	Back
9		12	Brush Knee and Twist Step	Bow Stance	Left
9			Brush Knee and Twist Step	Bow Stance	Right
9			Brush Knee and Twist Step	Bow Stance	Left
9			Playing the Lute (also, Play Guitar)	Bow/Heel Stance	Back
9			Brush Knee and Twist Step	Bow Stance	Left
9	13	Step, Deflect, and Intercept (also, Hit Gong)	Left-Right	Oblique Left-Right	
9	14	Step and Punch	Bow Stance	Left	
9	15	Wipe-Off, Withdraw, & Push	Bow Stance		
12	16	Apparent Close (Cross Hands)	Horse Stance		
3	Kicking Series	17	Carry Tiger to Mountain (also, Embrace Tiger, Return to Mountain)	Bow Stance	Right-Right
5		18	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	Left
10		19	Diagonal Single Whip	Bow Stance	Left
9		20	Fist Under Elbow	Bow/Heel Stance	Left-Right-Left
9		21	Repulse Monkey (3 times)	Retreating Bow	Back
2		22	Slant Flying (also, Diagonal Flying Posture)	Diagonal Bow	Right
12		23	Hands High (also, Lift Hands)	Bow Stance	Forward
10		24	Shoulder Block	Bow Stance	Right
9		25	White Crane Cools Its Wings	Feather Step	Left
9		26	Brush Knee and Twist Step	Bow Stance	Left
9		27	Needle at Sea Bottom		
9		28	Fan through the Back		
3		29	Reverse Punch (Turn around and chop)		
3		30	Step, Deflect, and Intercept (also, Hit Gong)		
3		31	Step and Punch		
3		32	Birds Fly Away, Step Forward		
3		33	Grasp the Sparrow's Tail: Ward-Off Right	Bow Stance	Right
3		34	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	
9		35	Single Whip	Open Bow Stance	Left
12		36	Wave Hands Like Clouds (3 times)		
9		37	Single Whip	Open Bow Stance	Left
9		38	High Pat on Horse		
10		39	Right Separation		
7		40	Push, Left Separation		
3		41	Turn around and kick with left sole		
3		42	Brush Knee and Twist Step, right	Bow Stance	
3		43	Brush Knee and Twist Step, left	Bow Stance	
3		44	Planting Punch		
9		45	Reverse Punch (Turn around and chop)		
9		46	Step, Deflect, and Intercept (also, Hit Gong)		
9		47	Kick with right sole		
7		48	Hit Tiger, left		
10		49	Hit Tiger, right		
10		50	Kick with right sole at diagonal		
10		51	Box ears (Strike opponent's ears with fists)		
9		52	Kick with left sole		
9		53	Turn around and kick with right sole		
9	54	Step, Deflect, and Intercept (also, Hit Gong)			
9	55	Step and Punch			
9	56	Wipe-Off, Withdraw, & Push			
12	57	Apparent Close (Cross Hands)			

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Clock Position	Series	Number	Description	Stance	Step Direction
3	Snake Creeps Down Series	58	Carry Tiger to Mountain (also, Embrace Tiger, Return to Mountain)	Bow Stance	Right-Right
5		59	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	Left
10		60	Diagonal Single Whip	Bow Stance	Left
2		61	Mustang ruffling its mane, right		
10		62	Mustang ruffling its mane, left		
2		63	Mustang ruffling its mane, right		
12		64	Grasp the Sparrow's Tail: Ward-Off Right	Bow Stance	Right
3		65	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	
9		66	Single Whip	Open Bow Stance	Left
2		67	Four Corners 1 (Fair Lady Works at the Shuttles)		
10		68	Four Corners 2 (Fair Lady Works at the Shuttles)		
7		69	Four Corners 3 (Fair Lady Works at the Shuttles)		
5		70	Four Corners 4 (Fair Lady Works at the Shuttles)		
12		71	Grasp the Sparrow's Tail: Ward-Off Left	Bow Stance	Forward
12		72	Grasp the Sparrow's Tail: Ward-Off Right	Bow Stance	Right
3		73	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	
9		74	Single Whip	Open Bow Stance	Left
12		75	Wave Hands Like Clouds (3 times)		
9		76	Single Whip	Open Bow Stance	Left
9		77	Snake Creeps Down		
9		78	Golden Cock Stands on One Leg, left		
9		79	Golden Cock Stands on One Leg, right		
9		80	Repulse Monkey (3 times)	Retreating Bow	Back
2		81	Slant Flying (also, Diagonal Flying Posture)	Diagonal Bow	Right
12		82	Hands High (also, Lift Hands)	Bow Stance	Forward
11		83	Shoulder Block	Bow Stance	Right
9		84	White Crane Cools Its Wings	Feather Step	Left
9		85	Brush Knee and Twist Step	Bow Stance	Left
9		86	Needle at Sea Bottom		
9		87	Fan through the Back		
3		88	Reverse Punch (Turn around and chop)		
3		89	White snake turns body and sticks out tongue		
3		90	Step, Deflect, and Intercept (also, Hit Gong)		
3		91	Birds Fly Away, Step Forward		
12		92	Grasp the Sparrow's Tail: Ward-Off Right	Bow Stance	Right
3		93	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	
9		94	Single Whip	Open Bow Stance	Left
12		95	Wave Hands Like Clouds (3 times)		
9		96	Single Whip	Open Bow Stance	Left
9		97	High Pat on Horse		
9		98	Crossing Palm		
3		99	Turn around and kick with right sole		
3		100	Low punch (Groin punch)		
12		101	Grasp the Sparrow's Tail: Ward-Off Right	Bow Stance	Right
3		102	Grasp the Sparrow's Tail: Roll back, Turn & Press, Pull Back, Push	Bow Stance	
9		103	Single Whip	Open Bow Stance	Left
9		104	Snake Creeps Down		
9		105	Step up to form Seven Stars of the Dipper		
9		106	Step Back to Ride the Tiger		
9		107	Turn Around and Sweep Lotus with One Leg		
9		108	Shoot Tiger with Bow		
9		109	Step, Deflect, and Intercept (also, Hit Gong)	Left-Right	Oblique Left-Right
9		110	Step and Punch	Bow Stance	Left
9		111	Wipe-Off, Withdraw, & Push	Bow Stance	
12		112	Closing Form		