



# Natural Step School of Tai Chi & Qigong

## The Healing Arts

### *Postures of the Yang Family Long Form.*



1. Attention
2. Preparation
3. Beginning
4. Grasp Sparrow's Tail
5. Ward Off Left
6. Ward Off Right
7. Roll Back
8. Press
9. Push
10. Single Whip
11. Lifting Hands
12. Shoulder Stroke
13. White Crane Spreads Its Wings
14. Brush Left Knee & Push
15. Play Guitar
16. Brush Left Knee & Push
17. Brush Right Knee & Push
18. Brush Left Knee & Push
19. Play Guitar
20. Brush Left Knee & Push
21. Step Forward, Deflect, Intercept & Punch
22. Withdraw
23. Push
24. Cross Hands
25. Embrace Tiger Return to Mountain
26. Diagonal Rollback
27. Diagonal Press
28. Diagonal Push
29. Diagonal Single Whip
30. Deflect, Strike & Punch Under Elbow
31. Step Back to Repulse Monkey (R)
32. Step Back to Repulse Monkey (L)
33. Step Back to Repulse Monkey (R)
34. Step Back to Repulse Monkey (L)
35. Step Back to Repulse Monkey (R)
36. Diagonal Flying
37. Lifting Hands
38. Shoulder Stroke
39. White Crane Spreads Its Wings
40. Brush Left Knee & Push
41. Needles at Sea Bottom
42. Iron Fan Penetrates Back
43. Turn Body to Chop & Push
44. Rollback to the Front
45. Step Forwards, Deflect, Intercept & Punch
46. Strike Back with Elbow
47. Ward Off Left to the Corner
48. Step Forward & Ward Off Right
49. Roll Back
50. Press
51. Push
52. Single Whip
53. Waving Hands in Clouds (R)
54. Waving Hands in Clouds (L)
55. Waving Hands in Clouds (R)
56. Waving Hands in Clouds (L)
57. Waving Hands in Clouds (R)
58. Waving Hands in Clouds (L)
59. Single Whip
60. High Pat on Horse
61. Step Back & Separate Right Foot
62. Step Back & Separate Left Foot
63. Turn Round and Kick with Heel (L)
64. Brush Left Knee and Push
65. Brush Right Knee and Push
66. Step Forward, Deflect Downward, Intercept and Punch Down
67. Turn Body to Chop and Push
68. Rollback to the Front
69. Step Forwards, Deflect, Intercept & Punch
70. Kick With Toe Up (R)
71. Turn & Strike Tiger (L)
72. Turn & Strike Tiger (R)
73. Diagonal Cross Hands
74. Kick With Toe Up (R)
75. Hop & Strike Tiger's Ears
76. Cross Hands & Kick with Heel (L)
77. Turn Body & Kick with Heel (R)
78. Step Forward, Deflect, Intercept & Punch
79. Withdraw
80. Push
81. Cross Hands
82. Embrace Tiger Return to Mountain
83. Diagonal Rollback
84. Diagonal Press
85. Diagonal Push
86. Diagonal Single Whip
87. Parting Wild Horses Mane (R)
88. Parting Wild Horses Mane (L)
89. Parting Wild Horses Mane (R)
90. Parting Wild Horses Mane (L)
91. Ward Off Right



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### *Postures of the Yang Family Long Form.*



92. Roll Back
93. Press
94. Push
95. Single Whip
96. Fair Lady Weaves Shuttles (R)
97. Fair Lady Weaves Shuttles (L)
98. Fair Lady Weaves Shuttles (R)
99. Fair Lady Weaves Shuttles (L)
100. Ward Off Left
101. Ward Off Right
102. Roll Back
103. Press
104. Push
105. Single Whip
106. Waving Hands in Clouds (R)
107. Waving Hands in Clouds (L)
108. Waving Hands in Clouds (R)
109. Waving Hands in Clouds (L)
110. Waving Hands in Clouds (R)
111. Waving Hands in Clouds (L)
112. Single Whip
113. Squatting Single Whip
114. Golden Rooster Stands on One Leg (R)
115. Golden Rooster Stands on One Leg (L)
116. Step Back to Repulse Monkey (R)
117. Step Back to Repulse Monkey (L)
118. Step Back to Repulse Monkey (R)
119. Step Back to Repulse Monkey (L)
120. Step Back to Repulse Monkey (R)
121. Diagonal Flying
122. Lifting Hands
123. Shoulder Stroke
124. White Crane Spreads Its Wings
125. Brush Left Knee & Push
126. Needles at Sea Bottom
127. Iron Fan Penetrates Back
128. Turn Body, White Snake Puts Out Tongue and Push
129. Rollback to the Front
130. Step Forwards, Deflect, Intercept & Punch
131. Strike Back with Elbow
132. Ward Off Left to the Corner
133. Step Forward & Ward Off Right
134. Roll Back
135. Press
136. Push
137. Single Whip
138. Waving Hands in Clouds (R)
139. Waving Hands in Clouds (L)
140. Waving Hands in Clouds (R)
141. Waving Hands in Clouds (L)
142. Waving Hands in Clouds (R)
143. Waving Hands in Clouds (L)
144. Single Whip
145. High Pat on Horse
146. Thrusting Hand
147. Turn & Kick with Heel (L)
148. Squatting Parry, Brush Left Knee & Punch
149. Strike Back with Elbow
150. Ward Off Left to the Corner
151. Step Forward & Ward Off Right
152. Roll Back
153. Press
154. Push
155. Single Whip
156. Squatting Single Whip
157. Step Forward to Seven Stars
158. Step Back to Ride Tiger
159. Turn Body
160. Sweep Lotus with Leg
161. Bend Bow to Shoot Tiger
162. Step Forward, Deflect, Intercept & Punch
163. Withdraw
164. Push
165. Cross Hands
166. Adsorption
167. Attention