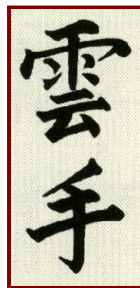


Yang Style Taijiquan Long Form 108 Movements

Indexed and Compiled by
Michael P. Garofalo

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March 1, 2004

Introduction

The Yang Style of Taijiquan is the most popular and widespread version of T'ai Chi Ch'uan (Grand Ultimate Boxing) practiced by both individuals and groups at the beginning of the 21st century. Millions of new students, advanced practitioners, and teachers practice the Yang style of Taijiquan in every country in the world. Every day, these health conscious persons enjoy and benefit, both in body and in mind, from this gentle and profound system of energy enhancement, subtle self-defense, and balanced physical exercises.

The Yang family members lived in northern China, and many persons contributed to the development and teaching of this Yang style of T'ai Chi Ch'uan. The first person that developed this style of Taijiquan was the illustrious and creative Yang Lu-Chan (1799-1872). He studied Shaolin Kung Fu and the Chen Family style Taijiquan in his youth, moved to Beijing, and then developed the Yang style of Taijiquan. "At that time, people named this art *Zhan Mian Quan* (cotton boxing), *Ruan Quan* (soft boxing), or *Hua Quan*

(transformation boxing)" [Fu Zhongwen, 1963] His second son, Yang Ban Hou (1837-1892) was a highly skilled martial artist and fighter. His third son, Yang Jiang-Hou (1839-1917) modified his father's style of Taiji and was an expert with weapons like the spear and staff. Yang Jiang-Hou had two sons who continued to teach and modify the Yang family style of Taiji: Yang Chao-Hsiung (1862-1930) and the famous Yang Cheng-Fu (1883-1936) who is also known as Yang Chao-Chin. The Yang style really gained widespread popularity because of the teaching of Yang Cheng-Fu, the family members teaching in southern China, Hong Kong and Taiwan, and the many fine students of Yang Cheng-Fu, such as: the author Cheng Man-Ching (1901-1975), Fu Zhongwen (1903-1994), Dong Ying-Jie, Li Chun Nian, Hu Yuen-Chou, Chen Wei-Ming, Zhao Bin Fu, Zhang Qing Lin, Wang Ting Xing, and Yang Cheng-Fu's three sons: Yang Zhen Ming (1911-1985), Yang Zhen Ji (1922-), and Yang Zhen Duo (1926-).

I have studied a number of books, videotapes, and DVDs teaching the movements in the Yang Family Taijiquan long form - the one popularized by Yang Cheng-Fu (1883-1936). The final published book version by Yang Cheng-Fu (1931) of the Yang style Taijiquan form had a series of 85 movements. The sequence of movements in that 85 movement Yang style long form are clearly described and illustrated in the book "Mastering Yang Style Taijiquan" by Fu Zhongwen (1963, 1999). The 88 movement Yang style long form described by Zhang Fuxing (1996) is very similar to that described by Fu Zhongwen. The 108 movement Yang style long form as outlined below seems to me to be substantially the same as the 105 movement Yang style long form pictured by Tsung Hwa Jou (1980), the detailed 150

movement
instruction guide by T. T. Liang and S.A. Olsen ([1992](#)), the
carefully photographed
and brief descriptions of the Yang style long form movements presented in
the book
edited by John Little and Curtis Wong (2000), and the 103 movement form
described
and illustrated by Yang Zhen Duo, Yang Chen-Fu's son, in "Yang Style
Taijiquan" (1996).

Instructional videotapes or DVDs for the 108 movement Yang style long
form
are now widely available. One can study this popular form using useful
instructional
videotapes or DVDs produced by Terence Dunn, Lu Gui Rong, Yu Cheng
Hsiang,
Ye Xiao Long, Jiang Jian-ye, Fong Ha, Alex Dong, Michael Chan, Erle
Montaigue,
Yang Jwing-Ming, Yang Zhen Duo and Yang Jun, and many others. My
favorite
instructional videotape is the one by Terence Dunn, and my favorite
instructional DVD
is by Yang Jwing-Ming.

All of the instructional resources, books, DVDs and videotapes, mentioned
on
this webpage are cited in the detailed bibliography provided [below](#).
Readers
are also referred to my [bibliography](#) in the [Cloud Hands](#) website for related
resources.

How to list and count the number of movements in the traditional Yang
Family style of
T'ai Chi Ch'uan long form varies from author to author. It all depends upon
how you group
the movements. For example, Grasping the Sparrow's Tail can be listed as
one
movement with four parts (Ward Off, Roll Back, Press, and Push) or as
four separate
movements. Sometimes, the first time Grasping the Sparrow's Tail is listed

it is broken
into four movements, but any time it appears later it is then listed as one
movement with
four parts. Is Cloud Hands one movement, or three movements? Is Step
Back and
Repulse the Monkey one movement or two movements (left side then
right side) repeated
two times each? Is Turn, Backfist, Parry and Punch one movement or four
movements?
Are Brush Knee and Twist Step to the right and Brush Knee and Twist Step
to the left
two movements, or are they one movement?

There has been a general trend to developing shorter and simplified
versions of the
T'ai Chi Ch'uan long forms. Advocates of longer forms and purists
sometimes criticize this
development on the grounds that the shorter forms are less physically
demanding,
are not long enough to allow for the relaxation response to come into play,
omit
movements that develop both sides of the body, omit important movements
with good
martial applications, and stray from the "traditions" of long boxing. The
long form
can be divided into three sections (#1-#17, #18-#55, #56-#108), so it
already has
shorter versions built in, when time does not permit practice of the entire
form. Advocates
for both long and short versions argue that shorter forms allow new
students to progress
to longer forms in a more satisfactory and efficient manner, provide an
alternative for
busy persons, provide short versions for competition, and can give a taste of
the style to
students wishing to study more than one family style (Yang, Chen, Wu,
Wu-Hao, or Sun)
before they invest time in learning the long form of a particular style.
There are numerous
shorter versions of the Yang style of Taijiquan: the Beijing Short Form
simplified
24 movement version in the Yang style, the Cheng Man-ching 37

movement simplified

Taiji form in a modified Yang style, the 42 movement Yang style competition form developed by the Chinese National Wushu Association, a 48 movement Yang style version by the Chinese National Athletic Association, and a delightful fast set version of Yang style Taijiquan as taught by Master Dong Ying-jie.

Yang style Taijiquan is grounded in the principles of the relaxation, circular movements, martial applications, chi and jing energies, fluidity and expansiveness, and other principles found in the Taiji Classics. It has evolved over the last 150 years as it has been successfully transplanted around the world by its creative and multi-talented teachers. Numerous scholars and professionals have been attracted to this martial arts form, to its philosophy, for its personal health benefits, and by its charismatic teachers. They have helped spread Yang style Taijiquan worldwide by forming schools, conducting workshops, traveling, and teaching enthusiastically. They have published articles, essays, translations, biographies, textbooks, reminiscences, and guidebooks. They have taught on television, videotapes, and now DVDs.

Most new students learning the long form need careful and specific instructions from a person that knows the form. If you can learn 3 new movements each week, it will take you about 8 months to learn to perform the entire form in your solo practice; and many years to learn about all the nuances and applications of the Yang long form. Some people benefit from having a written list of the movements to help them remember the sequence, direction, and some of the nuances of the posture. Some students need someone to

talk them through the postures many times before they can commit the sequence to memory. Some students without access to teachers do make great progress on their own using videotapes, DVDs and books. Everyone, of course, needs to practice on their own each day in order to make any real progress in mastering this long form. Students will have different learning styles, and successful teachers will use a variety of teaching styles to facilitate efficient and effective learning.

Many students will benefit from having a list of the sequence of the movements in the section of the T'ai Chi Ch'uan 108/85 long form they are practicing. The following list of the 108/85 Movement Yang style long form is little more than a list to jog the memory. You are welcome to use the lists that I provide for my students in the [Valley Spirit Taijiquan Club](#). These lists are in HTML and PDF formats. You can print the PDF documents, post your notes on the documents, and use them as handy lists during the learning process. I hope you will find the lists useful, and I welcome your [comments](#) and suggestions.

Best wishes for success in learning to master this beautiful T'ai Chi Ch'uan Yang style long form. Enjoy yourself! May you have the strength and skills to Ward-Off the real dangers to your mindfulness and well being, the will to Repulse the Monkey of laziness, and the desire to Embrace the Tiger of inner power. I hope you can go on to have a long and healthy life to delight in the playful art of [Moving Hands Like Clouds](#).

- Mike Garofalo



Yang Style Long Form Taijiquan

List of 108 Movements

Keys:

R = Right leg, arm, or side

L = Left leg, arm or side

Leg Weighting = e.g., 30R/70L 30% of the body weight in the right leg and 70% in the left leg.

The weighting refers to the final stage of any listed movement.

Facing Direction Key:

N = North, 12 o'clock position, Facing forward

NE = Northeast, 1:30 position

E = East, 3 o'clock position, Your Right Shoulder

SE = Southeast, 4:30 o'clock position

S = South, 6 o'clock position, Directly Behind You

SW = Southwest, 7:30 o'clock position

W = West, 9 o'clock position, Your Left Shoulder

NW = Northwest, 10:30 o'clock position

Yang Style Long Form Tai Chi Chuan

First Section

#	Direction Facing	Name of Movement	Comments
1.	N	Preparation	Standing Wu Chi, Compose oneself, Head up Arms at sides, Feet together, Relax
2.	N	Step Out, Opening Move	Step to the left, 50R/50L, Stand tall Raise and lower the arms, Sink, Bend knees, Sung-Relax
3.	N	Ward-Off Left	Step to the left side, L arm Peng Ward-off (Peng) to the left side - 30R/70L
4.	E	Grasping the Sparrow's Tail	Step to the right side, Face E Ward-off (Peng) to the right side - 70R/30L Roll Back (Lu), 40R/60L Press (Ji), 70R/30L

			Push (An), 70R/30L
5.	W	Single Whip	Circle Arms 180° to L then back to R, Beak R fist, Turn L palm out, Press to L 30R/70L
6.	N	Raise Hands, Shoulder Stroke	Lift hands, 30R/70L, R hand high, Step R foot, Shoulder stroke (Kao), L palm to R shoulder, 70R/30L
7.	W	White Crane Spreads Its Wings	100R/0L, Face W, R hand up high
8.	W	Brush Left Knee and Push	Step L leg, Brush L knee, Palm strike R hand, 30R/70L
9.	W	Play the Pi Pa (Lute)	100R/0L, Left arm high
10.	W	Brush Left Knee, Push and Twist Step	Step L leg, Brush L knee, Palm strike R hand, 30R/70L, #8
11.	W	Brush Right Knee, Push and Twist Step	Pivot on L foot, Step R leg, Brush R knee, Palm strike L hand, 70R/30L
12.	W	Brush Left Knee and Push	Pivot on R foot, Step L leg, Brush L knee, Palm strike with R hand,

			30R/70L,#8
13.	W	Play the Pi Pa (Lute)	100R/0L, Left arm high, #9
14.	W	Brush Left Knee and Push	Step L leg, Brush L knee, 30R/70L, Palm strike with R hand, #8
15.	W	Step Forward, Parry and Punch	Turn left, Torso S, Pivot-twist on L heel, 60R/40L Step forward R leg, Back fist R hand, Intercept-block with L hand, Twist R foot, Sink, Move R fist to R hip, 60R/40L Step forward with left foot Punch with R arm, L hand to R forearm, 30R/70L
16.	W	Apparent Withdraw then Push	Pull arms in, cross block hands in & out, Push out (An), 30R/70L
17.	N	Cross Hands	Hands circle down and up Cross hands at chest with R hand in front 50R/50L, Facing N

I also offer a one page, print only version, PDF format [handout](#) (48Kb) of the Yang Style Taijiquan Long Form, First Section (Movements 1 - 17), for my [Valley Spirit Taijiquan](#) students.



Yang Style Long Form Taijiquan

Second Section, Part I

#	Direction Facing	Name of Movement	Comments
18.	S	Embrace the Tiger, Return to the Mountain	Move arms NW to S, Brush R knee, L palm strike, R hand at waist, 70R/30L
19.	S	Grasping the Sparrow's Tail	Lesser Ward-off with R hand, Roll Back (Lu), 40R/60L, #4 Press (Ji), 70R/30L, #4 Push (An), 70R/30L, #4
			Circle arms 180° to NW then back,

20.	W	Fist Under Elbow	Twist L foot, Short step L foot twist, Step wide R leg to N, Turn W, Step W with left heel, 80R/20L, L hand high, R fist under L elbow
21.	W	Step Back, Repulse Monkey - Right	Face W, Move back E, Step back L leg, R palm forward, 20R/80L
22.	W	Step Back, Repulse Monkey - Left	Face W, Move back to E, Step back R leg, L palm forward, 80R/20L
23.	W	Step Back, Repulse Monkey - Right	#21
24.	NE	Diagonal Slant Flying	Step to NE with R foot, R hand high and out, L hand back and low, 70R/30L
25.	N	Raise Hands, Shoulder Stroke	Lift Hands, R hand high, Step forward R heel, 30R/70L, #6 Shoulder stroke (Kao), L palm at R shoulder, 70R/30L, #6
26.	W	White Crane Spreads Its Wings	100R/0L, Face W, R hand up high, #7
27.	W	Brush Left Knee and Push	Step L leg, Brush L knee, Palm strike R hand, #8
28.	W	Needle at Sea Bottom	100R/0L, L toe stance, R hand down

29.	W	Fan Through the Back	30R/70L, L and forward from shoulder, R hand back at face
30.	SE	Trun, Chop with Fist	Turn 180°, Chop down with R fist, R fist to waist, L palm strike, 70R/30L
31.	E	Step Forward, Parry and Punch	#15
32.	SE	Ward-Off Right	Ward-off (Peng) to R side, 70R/30L, #4
33.	SE	Grasping the Sparrow's Tail	R side, Roll back, Press, Push, #4
34.	W	Single Whip	Circle hands R to L then back, Step L leg, L palm strike, 30R/70L, #5
35.	N	Wave Hands Like Clouds	Wide spread hands R high, Step W with R foot Move hands L to R with R hand high, Step Reverse hands move R to L, Step Reverse hands move L to R, Step Reverse hands move R to L, Step Palms face body Move from E to W
36.	W	Single Whip	Hands L to R circle, beak R hand, Palm strike L hand, #5
			L hand at chest palm down, R hand at waist

37.	W	High Pat on Horse	palm up, R toe stance, 30R/70L
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I also offer a one page, print only version, PDF format [handout](#) (53KB) of the
Yang Style Taijiquan Long Form, Second Section, Part I, (Movements 18 - 37),
for my [Valley Spirit Taijiquan](#) students.



Yang Style Long Form Taijiquan

Second Section, Part II

#	Direction Facing	Name of Movement	Comments
38.	N	Kick with Right Toe	Step to SW with L foot, Circle hands, Separate hands, Kick with R toe, 0R/100L
39.	SW	Kick with Left Toe	Step to NW with R foot, Circle hands, Separate

			hands, Kick with L toe, 100R/0L
40.	E	Turn, Kick with Left Sole	Pivot on R foot 180° to L, Separate hands, Kick with L sole, 100R/0L
41.	E	Brush Left Knee, Push, Twist Step	Step L leg, Brush L knee, Palm strike with R hand, # 8
42.	E	Brush Right Knee and Push	Step R leg, Brush R knee, Palm strike with L hand, #11
43.	E	Step Up and Punch Downward	Step L leg, Sink down, Punch low with R fist, 30R/70L
44.	NW	Turn, Chop with Fist	Pivot 180° to R, R back fist down, L palm strike, #30
45.	W	Step Forward, Parry and Punch	Advance step R foot, Pivot R foot, Parry, Step forward with L foot, Punch with R fist, 30R/70L, #15
46.	NW	Kick with Right Sole	Circle hands, Separate hands, Kick with R sole
47.	SE	Strike Tiger, Left Side	Step to SE with L leg, Face SE, Intercept with R hand, L fist high, R fist at chest, 20R/80L

48.	N	Strike Tiger, Right Side	Turn to R, Step to N with R leg, Intercept with L hand, R fist high, L fist at chest, 80R/20L
49.	W	Kick with Right Sole	Circle hands, Separate hands, Kick NW with R sole, 0R/100L, #46
50.	N	Strike Opponent's Ears with Fists	Pivot on L foot, Raise R knee, Step with R foot, Box ears with both fists, 70R/30L
51.	NW	Kick with Left Sole	Circle hands, Separate hands, Kick NW with L sole, Arms wide, 100R/0L, #40
52.	W	Pivot Around, Kick with Right Sole	270° pivot on L foot, Circle hands, Separate hands, Kick with R sole, #49
53.	W	Step Forward, Deflect, Parry and Punch	#15
54.	W	Apparent Withdraw and Push	#16
55.	N	Cross Hands	#17

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Yang Style Long Form Taijiquan

Third Section, Part I

#	Direction Facing	Name of Movement	Comments
56.	S	Embrace Tiger, Return to Mountain	#18
57.	S	Grasping the Sparrow's Tail	#19
58.	N	Horizontal Single Whip	#5, 30R/70L
59.	E	Parting the Wild Horse's Mane - Right	R Leg forward, Split, R Hand high, 70R/30L
60.	E	Parting the Wild Horse's Mane - Left	L Leg forward, Split, L Hand high, 30R/70L
61.	E	Parting the Wild Horse's Mane - Right	#59
62.	N	Ward-Off Left	#3
63.	SE	Grasping the Sparrow's Tail	#4: Ward-Off Right, Roll Back, Press, Push

64.	W	Single Whip	#5
65.	NE	Fair Lady Works the Shuttles - Left	Pivot 120°, Turn to L side, L hand high block palm out, R palm strike, 40R/60L
66.	NW	Fair Lady Works the Shuttles - Right	Pivot 270°, Turn to R side, R hand high block palm out, R palm strike, 40R/60L
67.	SW	Fair Lady Works the Shuttles - Left	Pivot 90°, Turn to L side, L hand high block palm out, R palm strike, 40R/60L #65
68.	SE	Fair Lady Works the Shuttles - Right	Pivot 270°, Turn to R side, R hand high block palm out, L palm strike, 60R/40L, #66
69.	N	Ward-Off Left	#3
70.	SE	Grasping the Sparrow's Tail	#4: Ward-Off Right, Roll Back, Press, Push
71.	W	Single Whip	#5
			#35, Step W,

72.	N	Wave Hands Like Clouds	Move from E to W
73.	W	Single Whip	#5
74.	W	Snake Creeps Down	Squat down on R leg, snake down L leg with L hand
75.	W	Golden Rooster Stands on Left Leg	R hand over raised R knee, L palm down at waist
76.	W	Golden Rooster Stands on Right Leg	L hand over raised L knee, R palm down at waist
77.	W	Step Back, Repulse Monkey - Right	#21, move W to E, step back with L leg, R palm forward
78.	W	Step Back, Repulse Monkey - Left	#22, move W to E, step back with R leg, L palm forward
79.	W	Step Back, Repulse Monkey - Right	#77
80.	NE	Diagonal Slant Flying	#24
81.	N	Raise Hands, Shoulder Stroke	#25
82..	W	White Crane Spreads Its Wings	#26

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Yang Style Long Form Taijiquan

Third Section, Part II

#	Direction Facing	Name of Movement	Comments
83.	W	Brush Left Knee and Push	#27
84.	W	Needle at Sea Bottom	#28
85.	W	Fan Through the Back	#29
86.	SE	White Snake Darts Out Tongue	Pivot, Back Fist, R palm strike upward, L palm up at waist, 70R/30L
87.	E	Step Forward, Parry and Punch	#31
88.	SE	Ward-Off Right	#32
89.	SE	Grasping the Sparrow's Tail	#33: Roll back, Press, Push
90.	W	Single Whip	#34
91.	N	Wave Hands Like Clouds	#35
92.	W	Single Whip	#36
93.	W	High Pat on Horse	#37
94.	W	Plain Crossed Hands	Step out L leg, 30R/70L, L hand jab palm

			up, R palm in armpit
95.	E	Turn and Cross Kick	Pivot 180° to R, Cross hands, Separate hands, Kick R sole, slap foot
96.	E	Step up, Punch downward	#43
97.	SE	Ward-Off Right	#32
98.	SE	Grasping the Sparrow's Tail	#33
99.	W	Single Whip	#34
100.	W	Snake Creeps Down	#74, Squat down on R leg
101.	W	Step up to Seven Stars	R leg steps forward, 10R/90L, Crossed fists in front
102.	W	Step Back to Tiger	R leg steps back, 90R/10L, R hand high, L hand at waist
103.	W	Lotus Kick	Pivot 360°, R leg Lotus Kick, Slap foot
104.	W	Draw the Bow, Shoot the Tiger	L to R waist pivot, 70R/30L bow, L fist straight forward, R fist at head
105.	W	Step Forward, Deflect, Parry, Punch	#15
106.	W	Apparent Withdraw then Push	#16
107.	N	Cross Hands	#17
108.	N	Conclusion	#1

I also offer a one page, print only version, PDF format [handout](#) (63KB) of

the
Yang Style Taijiquan Long Form, Third Section, Part II, (Movements 83 -
108),
for my Valley Spirit Taijiquan students.



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Dong Family Orthodox Yang Style Long Form and Fast Form

Fast Form - Yang Style Tung Ying-Chieh = Dong Ying-Jie ?? [Wu Ta-yeh said that prior to 1914 Yang Cheng-fu would practice one round of his form in less than 9 minutes with brisk kicks and some fa-jing. Ah - Youth!]

"We all know that T'ai Chi is practiced slowly, but 'slow' is a relative term. T'ai Chi can certainly be practiced at variable speeds which may be slow, slower, slower yet, extremely slow, or, alternately, less slow, less than slow, accelerated, or "Oh my God, did you see that?" Yes, it's true; in addition to the more common slow practices, there are T'ai Chi fast forms that can accelerate to a point that they rival the speed of any other martial art. T'ai Chi is usually practiced slowly, but nowhere is it written that T'ai Chi can only be practiced slowly."
- John Loupos, Exploring Tai Chi

Feedback or complaints about this webpage?

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"Li Yaxuan's Yang Style." An interview with Chen Longxiang, longtime student of Li Yaxuan. Translated by Yan Shufan. *Tai Chi International Magazine*, Vol. 27, No. 3, June 2003, p. 21-25.

"A Look at the T'ai Chi Hand." By Michael Gilman. *Tai Chi International Magazine*, Vol. 24, No. 1, February 2000, p. 39-42. "The hands contain over one quarter of all the bones of the body. One sixth of all the muscles of the body are used in hand movements. A single hand movement can involve as many as 50 muscles working together. There are as many as 21,000 sensors of heat, pressure, and pain per square inch of the fingertips. The hands can destroy or heal, cause pleasure or pain."

Master Chang San-Feng

Master Cheng Man-ch'ing

Mastering Yang Style Taijiquan. Bu Fu Zongwen (1903-1994). Translated by Louis Swaim. Berkeley, California, North Atlantic Books, 1999. Glossary, bibliography, 226 pages. Translations of many Tai Chi classics are included. A list of the 85 movement long form and detailed notes and descriptions of each movement are provided. 251 movement analysis illustrations. Over 76 of the illustrations are traced and drawn from photographs of Yang Cheng-Fu. Detailed descriptions of the long form, pp. 26-162. Push hands information.

Yang Tai Chi essentials. ISBN: 1556433182. I have found this to be an excellent book!

This book was first published in 1963 in China as "Yang Shi Taijiquan".

An informative

introduction and good translation by Lous Swaim. MGC.

On Tai Chi Chuan. By T.Y. Pang. Tai Chi School of Philosophy and Art, 1988.

325 pages. ISBN: 0961207019.

The Origin and Development of Yang Style. By Alex Yeo.

Part 1. Introduction, Yang Luchan (1799-1872).

Tai Chi, June 2003, Volume 26, Number 3, pp 41-46.

Part 2

Part 3. The Ten Parts of Yang Funei Taijiquan.

Tai Chi, April 2003, Volume 27, Number 2, pp. 48- 51.

Part 4. The Complete Yang Style Taijiquan System.

Tai Chi, June 2003, Vol. 27, No. 3, pp 44.-47.

Push Hands (Tui Shou) in Tai Chi Chuan. Links, bibliography, quotes, notes. 25Kb.

Shambhala Warriorship

Short Form, Simplified 24 Movements, Tai Chi Chuan, Yang Style, Beijing Standard.

By Michael P. Garofalo. 40Kb+ List of the movements (.html and .pdf), links,

bibliography, quotations, and notes.

Silk Reeling (Chan Ssu Jin): Links, bibliography, quotes, notes.

Staff Weapon

Stillness in Movement: The Practice of Tai Chi Chuan. Featuring Master Fong Ha.
108 postures. 120 minute VHS instructional videotape. Vision Arts Video,
1996. ISBN: 0965365107. MGC. Produced by Sanford Rosenberg.

Strength Training: Taijiquan, Qigong, Kung Fu and Yoga

Sun Style Tai Chi Chuan Links, bibliography, quotes, notes. 35Kb.

Sword (Jian): Links, bibliography, quotes, notes.

"Suppleness and Strength in Taijiquan." By Wu, Ta-yeh. *Internal Arts*,
Vol. 3, No. 6,
November, 1988, p. 8-9.

T'ai Chi. T'ai Chi: The International Magazine of T'ai Chi Ch'uan.
Wayfarer Publications.
Editor/Publisher: Marvin Smalheiser.

The Tai Chi Book: Beginning and Enjoying a Lifetime of Practice. By
Robert Chuckrow,
Ph.D.. Jamaica Plain, Massachusetts, YMAA Publication Center, c 1998.
209 pages.
ISBN: 1886969647. An excellent general introduction to Taiji from the
Yang style
perspective.

T'ai Chi Ch'uan Classics

Tai Chi Chuan Fotoboek By Marc Heyvaert from Belgium.

Tai Chi Chuan's Internal Secrets. By Doc Fai Wong and Jane Hallander.

Burbank,
California, Unique Publications Inc., 1991. 124 pages. ISBN:
0865681473. Photos
and brief descriptions of the 108 movement Yang style long form.
Discussion of
stances, chi kung, breathing, and push hands.

Tai Chi Chuan Martial Applications Advanced Yang Style. By Dr. Wang,
Jwing Ming.
Edited by Alan Doughall. Jamaica Plain, MA, YMAA Publications, 2nd
Edition,
1996. 363 pages. ISBN: 1886969442.

T'ai Chi Ch'uan, Sword, Saber, Staff and Dispersing-Hands Combined. By
Chen Yen-lin.
Originally published in China in 1932. Based on writings compiled by Wu
Ho-ching who
was a scholar and student of Yang Lu-chan (1799 - 1872). These written
works were
obtained by Chen Yen-lin (1906 - ?) from the famous Yang Cheng-fu (1883
- 1936). This
book was very popular in China, helped spread the Yang style Tai Chi
Chuan widely,
and opened the doors to publishing about internal arts forms. This book has
been
compiled and translated by Stuart Alve Olson and published by Dragon
Door
Publications as the Chen Kung Series, Volumes 1 -5.

T'ai Chi Ch'uan Training Speed. By Peter Lim Tian Tek. 18Kb.

Tai-Chi-Ch'uan: Yang Long Form. By Xue Dejun and Bob Klein. Artistic
Video,
1994. ASIN:1892198088. VHS and DVD.

Tai Chi Classics Links, bibliography, index.

T'ai Chi For Health - Yang Long Form with Terence Dunn. VHS videotape, 120 minutes. Healing Arts, 1990. Produced and created by Terence Dunn.
ISBN: 6301866584. An excellent instructional videotape! Fine studio photography with clear front view and with a side view insert. This very reasonably priced videotape is, in my opinion, the best in the genre and should be a first choice for beginners.

Tai Chi Secrets of the Yang Style. Translated with commentary by Yang Jwing-ming.
Translations and commentary on Chinese Classics. Boston, MA, YMAA Publications, 2001. Index, glossary, 192 pages. ISBN: 1886969094.
A translation of 49 documents by Yang, Ban-Hou (1837-1892) and by a few other Yang family members.

Tai Chi Theory and Martial Power: Advanced Yang Style Tai Chi. By Dr. Yang, Jwing-Ming.
Jamaica Plain, Mass., YMAA Publication Center, 1996. Second Edition. Glossary, index, 268 pages. MGC. ISBN: 1886969434.

Tai Chi Touchstones: Yang Family Secret Transmissions. Compiled and translated by Douglas Wile. Brooklyn, New York, Sweet Chi Press, 8th Edition, 1983. 159 pages.
ISBN: 091205901X.

Taijiquan, Classical Yang Style - The Complete Form and Qigong. By Yang, Jwing-Ming. Boston, MA, YMAA Publications Center, 1999. Index, glossary, 333 pages, 562 illustrations. ISBN: 188696968X. There is also an instructional videotape and DVD to supplement this book. The DVD contains the complete form, qigong, details instructions for each movement, and 13 postures. Performed

by Dr. Yang, Jwing-Ming and Robert Was. 240 Minutes, DVD9-NTSC, 2003.
DVD ISBN: 0940871645. MGC.

Taiji Sword (Jian): Links, bibliography, quotes, notes.

Taijiquan Classics

The Tao of Tai-Chi Chuan: Way to Rejuvenation. By Jou, Tsung Hwa.
Edited by Shoshana
Shapiro. Warwick, New York, Tai Chi Foundation, 1980. 263 pages. First
Edition.
ISBN: 0804813574. Excellent textbook. A Third Edition is now
available. The Yang
Family Tai Chi Chuan is covered on pp. 42 - 69. A list of the 105
movements is provided.
Detailed line drawings of the movements are included. The drawings are
tracings of
Yang Chen-Fu (1883-1936) also called Yang Chao-Chin.

"The Teaching of Yang Shou-Zhong." By Paul Lam. T'ai Chi, Vol. 25,
No. 4,
August 2001, pp. 30-32. Yang Shou-Zhong was the eldest son of Yang
Cheng-fu.

Teaching Tai Chi Chuan. Links, bibliography, quotes and notes.

The Teachings of Master T. T. Liang: Imagination Becomes Reality. A
Complete Guide to the
150 Posture Solo Form. Compiled by Stuart Alve Olson. 287 pages.
Minnesota, Dragon Door
Publications, 1986, 1992. Second Edition. MGC. ISBN: 0938045091.
Hundreds of detailed
pictures of the form, including some interesting multi-exposure
photographs of Mr. Olson doing
the long form. This is an outstanding guide to the Yang Style form. The

explanations are superior and the photography outstanding. One of my favorite guides to Yang style Tai Chi Chuan.

The Teachings of Yang Zhenming (1909-1985), also known as Yeung Sau Chung.

Ten Guiding Points of Tai Chi Chuan

Thank You Very Much: David Tobey of Seattle. I appreciate your suggestions and comments about this webpage.

Thirteen Postures of Taijiquan. Bibliography, links, notes, charts, quotes. 8 Gates and 5 Steps of T'ai Chi Ch'uan. By Michael P. Garofalo. 65Kb+.

Traditional Yang Style Tai Chi. Instructional VHS videotape by Shifu Jiang Jian-ye. 132 minutes, two videotapes. Website: Jiang's Tai Chi Videos.

"Traditional Yang Style Training." An interview with Yang Fukui. *T'ai Chi*, Vol. 24, No. 5, October, 2000, pp. 17- 24.

A Tribute to Yang Shaozhong (1910-1985). By Daniel K. Wong. *T'ai Chi: The International Magazine of T'ai Chi Ch'uan*, Vol. 27, No. 6, December, 2003, pp. 30-38. Yang Shaozhong was the oldest son of Grandmaster Yang Chengfu. By age 14 he was working as his father's assistant. He worked for the government and in private practice in many provinces in China. He had one book published, *Usage and Variations of Taijiquan*

*with Illustrated
Demonstration by Two*, Hong Kong, 1962.

"The True History of the Yang Style." Interview with Fu Zhongwen by Marvin Smalheiser.
T'ai Chi, Vol. 25, No. 6, December, 2001, pp. 18-20.

Ultimate Guide to Tai Chi. (The Best of Kung-Fu Magazine). Edited by John R. Little and Curtis F. Wong. Chicago, IL, Contemporary Books, 2000. 301 pages.
ISBN: 0809228335. MGC. Includes a photographic study of all the postures in the Yang 108 long form, pp. 33-115. Many very interesting and informative articles.

Valley Spirit Tai Chi Chuan Journal. A journal with reflections, notes, suggestions, references, questions and answers, links and quotations. By Michael P. Garofalo.

Valley Spirit Tai Chi Chuan Club. Red Bluff, California. Organizer: Michael P. Garofalo.

Videotapes on Yang Style Tai Chi Chuan

Videotapes on Yang Style Tai Chi Chuan. Wayfarer Catalog. Distributes videotapes by Lu Gui Rong, Terry Dunn, Doc-Fai Wong, Fong Ha, Jiang Jian-ye, Ye Xiao Long,

Where Can I Purchase These Books and Videotapes?

Wong, Doc-Fai Martial Arts Centers - Plum Blossom International

Federation

Yang Cheng-Fu (July 7, 1883 - March 3, 1936)

"Taichichuan Exercise and Application," Shanghai, 1933.

"Applications of Taichichuan," Shanghai, 1931. Includes photographs.

By Yang Cheng-Fu, Chen Wei-ming, and Tung Ying-chieh.

"The Complete Principles and Theory of Taijiquan," Shanghai, 1930

"The Art of Taijiquan," Shanghai, 1925. By Chen Wei-ming.

Includes photographs.

"Yang Cheng-Fu's Early and Later Postures." By Wu Ta-yeh and Wu Teng

Shu-hsien. *T'ai Chi*, Vol. 24, No. 6, December, 2001, pp. 14-15.

Yang Family Tai Chi 108 Form with Grandmaster Doc-Fai Wong. ALC Productions,
P. O. Box 320532, San Francisco, CA 94132. Produced in 1997. VHS, 55 Minutes.

Website: [Doc-Fai Wong Martial Arts Centers - Plum Blossom International Federation](#).

Grandmaster Wong has a Ph.D., O.M.D., authored two books, made a dozen

instructional videotapes, and is the President of the Plum Blossom International

Federation of Choy Li Fut and Tai Chi Chuan. Grandmaster Wong was a student

of Hu Yuen Chou, a disciple of Yang Cheng-Fu. This videotape features a spirited

performance of the form by Grandmaster Wong shown from three different views;

but this is not an instructional videotape.

[Yang Family Tai Chi Chuan International Organization](#) Headquarters in Seattle, WA.

Led by Masters Yang Zhen Duo and Yang Jun. YangChen Fu Tai Chi style. Association,

ranking system, schools, seminars, information.

Yang Family Taijiquan Traditional Long Form 108 Movements. By Michael P. Garofalo.
55K+. List of movements, links, bibliography, quotations. HTML and PDF versions.

Yang Long Form. Tai Ch for Health. By Terry Dunn, a student of Abraham Liu. 120 minute
VHS instructional videotape.

Yang's Ten Important Points Yang Cheng-fu (1883-1936)

Yang Style Tai Chi Chuan. By Yang Jwing-Ming. Hollywood, CA, Unique Publications,
1982. 207 pages. The standard form in 113 movements. Includes material on
pushing hands, applications, and the narrow blade sword routine. Hundreds of
photographs with detailed descriptions. ISBN: 086568023X.

Yang Style Tai Chi Chuan. Presented by Master Ye Xiao Long.
Instructional
VHS videotape. Part 1, 70 minutes. Part 2, 61 minutes.

Yang Style Tai Chi Chuan and Its Applications. By Yang, Jwing-Ming.
VHS videotape.
Boston, YMAA Publications, 1995. ASIN: 0940871181. Applications for
postures
in the 24, 48 and 108 forms.

Yang Style Taijiquan. By Yang Zhenduo. Written by the third son of Yang Cheng-fu.
Beijing, Morning Glory Publishers, 1996. 600 photographs, 291 pages.
ISBN: 7505404814. MGC.

Yang Style Taijiquan. Traditional Yang Style Slow Form. Reference video for the Taijiquan Tutelage of Palo Alto. Performed by Michael Chan. Instructional VHS.

Yang Style Tai Chi Chuan Essays. By Peter Lim.

Yang Style Tai-Chi Chuan, 108 Movements. By Master Yu Cheng Hsiang. VHS instructional videotape, 60 minutes.

Yang Taijiquan. Instructional VHS videotapes by Lu Gui Rong of Shanghai. Part of the China's Living Treasures Series. Volume 37, Part 1, Yang Training Basics, VHS, 56 minutes. Volume 38, Part 2, Yang Long Form, First Section, VHS, 61 minutes. Volume 39, Yang Long Form, Second Section, VHS, 81 minutes. Volume 40, Part 3, Yang Long Form, Third Section, VHS 80 minutes.



Quotations

Yang Style of T'ai Chi Ch'uan

"Tai Chi Ch'uan bases itself exclusively on gentleness, softness, naturalness and bringing you back to your original nature. Daily training makes the muscles and bones become softer and more pliable, and it especially causes the breath to become natural. These are the results of disciplining and refining the ching, ch'i, and shen to the end of your days. How then can you consider dispensing with your kung or wish to suffer bitterly."

- Chen Yen-lin, 1932, *Cultivating the Ch'i*, Translated by Stuart Alve Olson, p. 30.

"Yang Chen Fu (1833-1936) exemplifies the highest natural talent and achievement in Tai-Chi since he was entirely self-taught after his father (Yang Chian, 1839-1917) died. His great example encourages us that even if excellent teachers are hard to find, we can develop by ourselves if we really understand and apply the theories and principles of Tai-Chi Chuan. The current forms of so-called Yang's Tai-Chi were defined and regulated by him. Yang's style, which is comfortable, generous, light and stable, has been recognized as the easiest and most popular one."

- The Tao of Tai-Chi Chuan: Way to Rejuvenation. By Jou, Tsung Hwa. p. 46.

"The standard Yang set today is Yang Chengfu's final revision of 85 postures, which he demonstrated in his book published in 1936. Most of the other books published since then, including many Western ones, are either variations or reflections of the

author's own personal expression of the set. ... One should note that right from its creation, Yang Taijiquan has always been combat-oriented. Yang Chengfu always emphasized that the set should be practiced with its martial applications in mind. These applications may be taught through the fast set, individual posture explanations, tui shou (push hands), san shou (fixed-step sparring) and san da (free sparring)."
- Alex Yeo, "The Complete Yang Taijiquan System, Part 4.", *Tai Chi*, June 2003, p.45

Comparison of 108 and 85 Movement Lists

Yang Style T'ai Chi Ch'uan Long Form

108 Movement Yang Style Long Form

Tsung Hwa Jou, "Tao of Tai-Chi Chuan," 1980.

T. T. Liang, S. A. Olsen, "Imagination Becomes Reality," 1992.

Videotapes: Terence Dunn, Fong Ha, Lu Gui Rong, Wong Doc Fai, Yu Cheng Hsiang, Ye Xiao Long

85 Movement Yang Style Long Form

Yang Cheng-Fu 1931-1936 Published Versions of the Yang T'ai Chi Ch'uan Long Form

Fu Zhongwen "Mastering Yang Style Taijiquan", 1963, 1999.

Yang Zhenduo. " Yang Style Taijiquan," 1985.

Zhang Fuxing, "Handbook of T'ai Chi Ch'uan Exercises", 1996

Why do some Taijiquan teachers want the number of movements in the long form to add up to 108? Speculations:

The word "Upanisad" means "to come and sit down near the sage for a lesson." There

are over 200 Upanisads, although the traditional number is 108.

- A Source Book in Indian Philosophy, p.38

There are 108 beads in the Buddhist rosary (mala).

**Yang Style Taijiquan Long Form
Comparison of 108 Movement to 85 Movement Listings
First Section**

Posture Number 108 Moves	Name of Move	Posture Number 85 Moves
1	Preparation	1
2	Step Out, Opening Move	2
3	Ward-Off Left	3 Part One, Peng Left
4	Grasping the Sparrow's Tail	3 Part One, Peng Right 3 Part Two, Roll-back (Lu) 3 Part Three, Press (Ji) 3 Part Four, Push (An)
5	Single Whip	4
6	Raise Hands, Shoulder Stroke	5
7	White Crane Spreads Its Wings	6

8	Brush Left Knee and Push	7
9	Play the Pi Pa (Lute)	8
10	Brush Left Knee, Push and Twist Step	9 Part One
11	Brush Right Kneen, Push and Twist Step	9 Part Two
12	Brush Left Knee and Push	9 Part Three
13	Play the Pi Pa (Lute)	10
14	Brush Left Knee and Push	11
15	Step Forward, Deflect, Parry and Punch	12
16	Apparent Withdraw then Push	13
17	Cross Hands	14

Yang Style Taijiquan Long Form
Comparison of 108 Movement to 85 Movement Listings
Second Section, Part I

Posture Number 108 Moves	Name of Move	Posture Number 85 Moves
18	Embrace the Tiger, Return to the Mountain	15, Part One, Brush Knee
19	Grasping the Sparrow's Tail	15 Part Two, Roll Back 15 Part Three, Press 15 Part Three, Push
20	Fist Under Elbow	16
21	Step Back, Repulse Monkey - Right	17 Part One
22	Step Back, Repulse Monkey - Left	17 Part Two
23	Step Back, Repulse Monkey - Right	17 Part Three
24	Diagonal Slant Flying	18

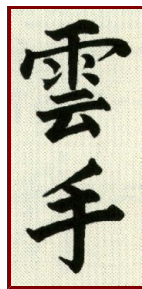
25	Raise Hands, Shoulder Stroke	19
26	White Crane Spreads Its Wings	20
27	Brush Left Knee and Push	21
28	Needle at Sea Bottom	22
29	Fan Through the Back	23
30	Turn, Chop with Fist	24
31	Step Forward, Parry and Punch	25
32	Ward-Off Right	26
33	Grasping the Sparrow's Tail	26
34	Single Whip	27
35	Wave Hands Like Clouds	28
36	Single Whip	29
37	High Pat on Horse	30

Yang Style Taijiquan Long Form
Comparison of 108 Movement to 85 Movement Listings
Second Section, Part II

Posture Number 108 Moves	Name of Move	Posture Number 85 Moves
38	Kick with Right Toe	
39	Kick with Left Toe	
40	Turn, Kick with Left Sole	
41	Brush Left Knee, Right Hand Push, Twist Step	
42	Brush Right Knee, Left Hand Push	
43	Step Up, Punch Downward	

44	Turn, Chop with Fist
45	Step Forward, Parry, Punch
46	Kick with Right Sole
47	Strike Tiger, Left Side
48	Strike Tiger, Right Side
49	Kick with Right Sole
50	Strike Opponent's Ears with Fists
51	Kick with Left Sole
52	Pivot Around, Kick with Right Sole
53	Step Forward, Deflect, Parry, Punch
54	Apparent Withdraw, Push
55	Cross Hands





Cloud Hands Homepage

Michael P. Garofalo's E-mail

Valley Spirit T'ai Chi Ch'uan Club

Red Bluff, Tehama County, North Sacramento Valley, Northern California, U.S.A.

**Cities in the area: Oroville, Paradise, Durham, Chico, Hamilton City, Orland,
Willows, Corning,**

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Zen and Haiku Poetry

The Spirit of Gardening

Cold Mountain Buddhas

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Cloud Hands: T'ai Chi Ch'uan and Chi Kung Website



Tai Chi Chuan, Taijiquan, T'ai Chi Ch'uan, Tai Chi, Tai Ji Quan, Taiji, Tai Ji
Chuan

**Chi Kung, Qi Gong, Qigong, Chee Gung, Qi, Chi, Neigong
Yang Long Form, Long Boxing, Open and Wide Stance Form, Long Yang Form
Yang Family Long Form, Yang Family Traditional Long Form,
Yang Family Taijiquan, Yang Standard Long Form, Traditional Yang Family Form**

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