

TAI JI QUAN

YANG CHENGFU LONG FORM, FIGHTING STYLE

based on Yang Zhendou, 3rd son of Yang Chengfu

and great-grandson of Yang Luchan

as taught and modified by

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42 applications in a sequence of 115 forms

Bold= first time it appears in form, R or L.

SECTION ONE: 19 forms (17 new)

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| 1. | Preparation Stance | <i>Yu Bei Shi</i> |
| 2. | Taiji Beginning Stance | <i>Tai Ji Qi Shi</i> |
| 3. | Upwards Downwards | |
| 4. | Holding Tai Ji Ball, R | |
| | GRASP SPARROW'S TAIL (4 FORMS)(R): | <i>Lan Que Wei</i> |
| 5. | Right Ward Hand | <i>You Peng Shou</i> |
| 6. | Roll Back Hand | <i>Li Shou</i> |
| 7. | Press Hands (and separate) | <i>Ji Shou</i> |
| 8. | Push Hands | <i>An Shou</i> |
| 9. | Single Whip, Short (R side) | <i>Dan Bian</i> |
| 10. | Raise Hands, Lean Forward (to R) | <i>Ti Shou, Fu Kao</i> |
| 11. | White Crane Spreads Wings (R) | <i>Bai He Liang Chi</i> |
| 12. | Left Brush Knee, Twist Step | <i>Zuo Lou Xi, Ao Bu</i> |
| 13. | Hands Play Pi Pa | <i>Shou Hui Pi Pa</i> |
| 14. | Left Brush Knee, Twist Step | <i>Zuo Lou Xi, Ao Bu</i> |
| 15. | Right Brush Knee, Twist Step | <i>You Lou Xi, Ao Bu</i> |
| 16. | Left Brush Knee, Twist Step | <i>Zuo Lou Xi, Ao Bu</i> |
| 17. | Forward Step, Deflect Downwards, Parry, Punch | |
| | | <i>Jin Bu, Ban, Lan, Chui</i> |
| 18. | Apparent Close-Up | <i>Ru Feng Si Bi</i> |
| 19. | Cross Hands | <i>Shi Zi Shou</i> |

SECTION TWO: 48 forms (27 new)

2-A: 19 forms (12 new)

20.	Embrace Tiger, Return to Mountain (L & R)	<i>Bao Hu, Gui Shan</i>
	DIAGONAL GRASP SPARROW'S TAIL (4 Forms)	<i>Lan Que Wei</i>
21.	Right Ward Hand	<i>You Peng Shou</i>
22.	Roll Back Hand	<i>Li Shou</i>
23.	Press Hands (and separate)	<i>Ji Shou</i>
24.	Push Hands	<i>An Shou</i>
25.	Long Arm, Short Arm	
26.	Double Fan	
27.	Fist Under Elbow	<i>Zhou Di Kan Chui</i>
28.	Step Back and Repulse Monkey (3 times)	<i>Dao Nian Hou</i>
29.	Slanting Flying (to R)	<i>Xie Fei Shi</i>
30.	Raise Hands, Step Up (and Behind)	<i>Ti Shou, Shang Shi</i>
31.	Push Hands, Rope Pull	<i>An Shou</i>
32.	Lean Forward (R)	<i>Fu Kao</i>
33.	White Crane Spreads Wings (R)	<i>Bai He Liang Chi</i>
34.	Left Brush Knee, Twist Step	<i>Zuo Lou Xi, Ao Bu</i>
35.	Sea Bottom Needle (R)	<i>Hai Di Shen</i>
36.	(Elbow) Fan Through Back (with L hand)	<i>Shan Tong Bei</i>
37.	(Wheel Arms), Chop Body with Fist	<i>Pie Shen Chui</i>
38.	Deflect Downwards, Parry, Punch	<i>Ban, Lan, Chui</i>

2-B: 17 forms (9 new)

39.	Left Ward Hand	<i>Zuo Peng Shou</i>
	(Step Up) GRASP SPARROW'S TAIL (4 Forms)	<i>Lan Que Wei</i>
40.	Right Ward Hand	<i>You Peng Shou</i>
41.	Roll Back Hand	<i>Li Shou</i>
42.	Press Hands (and separate)	<i>Ji Shou</i>
43.	Push Hands	<i>An Shou</i>
44.	Single Whip, Long (R side)	<i>Dan Bian</i>
45.	Cloud Hands (to L, 3 times)	<i>Yun Shou</i>
46.	Single Whip, Short (R side)	<i>Dan Bian</i>

47.	High Pat Horse (R hand)	<i>Gao Tan Ma</i>
48.	Right Separate Foot	<i>You Fen Jiao</i>
49.	High Pat Horse (L hand)	<i>Gao Tan Ma</i>
50.	Left Separate Foot	<i>Zuo Fen Jiao</i>
51.	Turn Body, Kick Foot (L)	<i>Zhuan Shen, Deng Jiao</i>
52.	Right Brush Knee, Twist Step	<i>You Lou Xi, Ao Bu</i>
53.	Left Brush Knee, Twist Step	<i>Zuo Lou Xi, Ao Bu</i>
54.	Right Brush Knee, Twist Step	<i>You Lou Xi, Ao Bu</i>
55.	Forward Step, Downward Punch (R)	<i>Jin Bu, Zai Chui</i> 1/2

2-C: 12 forms (6 new)

56.	(Turn, Elbow) Chop Body with Fist	<i>Pie Shen Chui</i>
57.	Deflect Downwards, Parry, Punch	<i>Ban, Lan, Chui</i>
58.	Turn Body, Kick Foot (R)	<i>Zhuan Shen, Deng Jiao</i>
59.	Unwrap Belt, Tie Up Tiger (R hand high)	<i>Pi Shen Fu Hu</i>
60.	(Turn), Unwrap Belt, Tie Up Tiger (L hand high)	<i>Pi Shen Fu Hu</i>
61.	Turn Body, Kick Foot (R)	<i>Zhuan Shen, Deng Jiao</i>
62.	Double Phoenix Covers Ears	<i>Shuang Feng Kua Er</i>
63.	Turn Body, Kick Foot (R)	<i>Zhuan Shen, Deng Jiao</i>
64.	Turn Body, Kick Foot (L)	<i>Zhuan Shen, Deng Jiao</i>
65.	Back Step Deflect Downwards, Parry, Punch	<i>Ban, Lan, Chui</i>
66.	Apparent Close-Up	<i>Ru Feng Si Bi</i>
67.	Cross Hands	<i>Shi Zi Shou</i>

SECTION THREE: 42 forms (27 new)

3-A: 8 forms (4 new)

68.	Embrace Tiger, Return to Mountain (L & R)	<i>Bao Hu, Gui Shan</i>
	(Diagonal) GRASP SPARROW'S TAIL (4 Forms)	<i>Lan Que Wei</i>
69.	Right Ward Hand	<i>You Peng Shou</i>
70.	Roll Back Hand	<i>Li Shou</i>
71.	Press Hands (and separate)	<i>Ji Shou</i>
72.	Push Hands	<i>An Shou</i>
73.	Diagonal Single Whip, Short	<i>Xie Dan Bian</i>
74.	Part the Wild Horse's Mane (R)	<i>Ye Ma Fen Zong</i>
75.	Part the Wild Horse's Mane (L)	<i>Ye Ma Fen Zong</i>
	(Diagonal) GRASP SPARROW'S TAIL (4 Forms)	<i>Lan Que Wei</i>
76.	Right Ward Hand	<i>You Peng Shou</i>
77.	Roll Back Hand	<i>Li Shou</i>
78.	Press Hands (and separate)	<i>Ji Shou</i>
79.	Push Hands	<i>An Shou</i>
80.	Single Whip, Short (R side)	<i>Dan Bian</i>
81.	Jade Lady Works Shuttles (4 directions)	<i>Yu Nu Chuan Suo</i>

3-B: Opposite Side

18 forms (16 new)

	(Step Up) GRASP SPARROW'S TAIL (L)	<i>Lan Que Wei</i>
82.	Left Ward Hand	<i>Zuo Peng Shou</i>
83.	Roll Back Hand	<i>Li Shou</i>
84.	Press Hands (and separate)	<i>Ji Shou</i>
85.	Push Hands	<i>An Shou</i>
86.	Single Whip, Short (L side)	<i>Dan Bian</i>
87.	Cloud Hands (to R, 3 times)	<i>Yun Shou</i>
88.	Single Whip, Short (L side)	<i>Dan Bian</i>
89.	Squat Down (L side)	<i>Xia Shi</i>
90.	Golden Cock Stands on Leg (L)	<i>Jin Ji Du Li</i>
91.	Golden Cock Stands on Leg (R)	<i>Jin Ji Du Li</i>

92.	Step Back and Repulse Monkey (3 times)	<i>Dao Nian Hou</i>
93.	Slanting Flying (to L)	<i>Xie Fei Shi</i>
94.	Lean Forward (to L)	<i>Fu Kao</i>
95.	White Crane Spreads Wings (L)	<i>Bai He Liang Chi</i>
96.	Right Brush Knee, Twist Step	<i>You Lou Xi, Ao Bu</i>
97.	Sea Bottom Needle (L)	<i>Hai Di Chen</i>
98.	(Elbow) Fan Through Back (R hand)	<i>Shan Tong Bei</i>
99.	(Turn 180°) Fist Under Elbow (L hand)	<i>Zhou Di Kan Chui</i>

3-C: Normal Side

16 forms (7 new)

100.	(Turn 180°, Wheel Arms) White Snake Spits Out Tongue (R hand)	<i>Bai She Tu Xin</i>
101.	Forward Step, Deflect Downwards, Parry, Punch (Step Up) GRASP SPARROW'S TAIL (4 Forms)(R)	<i>Jin Bu, Ban, Lan, Chui</i> <i>Lan Que Wei</i>
102.	Right Ward Hand	<i>You Peng Shou</i>
103.	Roll Back Hand	<i>Li Shou</i>
104.	Press Hands (and separate)	<i>Ji Shou</i>
105.	Push Hands	<i>An Shou</i>
106.	Single Whip, Short (R side)	<i>Dan Bian</i>
107.	Squat Down (R side)	<i>Xia Shi</i>
108.	Step Up, Seven Stars	<i>Shang Bu, Qi Xing</i>
109.	Step Back, Ride Tiger	<i>Tui Bu, Kua Hu</i>
110.	Turn Body, Sweep Leg	<i>Zhuan Shen, Bai Lian</i>
111.	Bend Bow, Shoot Tiger	<i>Wan Gong, She Hu</i>
112.	Forward Step, Deflect Downwards, Parry, Punch	<i>Jin Bu, Ban, Lan, Chui</i>
113.	Apparent Close-Up	<i>Ru Feng Si Bi</i>
114.	Cross Hands	<i>Shi Zi Shou</i>
115.	Closing Taiji	<i>He Tai Ji</i>

FORMS/APPLICATIONS

1.	Apparent Close-Up	<i>Ru Feng Si Bi</i>
2.	Bend Bow, Shoot Tiger	<i>Wan Gong, She Hu</i>
3.	Brush Knee, Twist Step	<i>You Lou Xi, Ao Bu</i>
4.	Chop Body with Fist	<i>Pie Shen Chui</i>
5.	Closing Taiji	<i>He Tai Ji</i>
6.	Cloud Hands	<i>Yun Shou</i>
7.	Deflect Downwards, Parry, Punch	
8.	Double Fan	
9.	Double Phoenix Covers Ears	<i>Shuang Feng Kua Er</i>
10.	Embrace Tiger, Return to Mountain	<i>Bao Hu, Gui Shan</i>
11.	Fan Through Back	<i>Shan Tong Bei</i>
12.	Fist Under Elbow	<i>Zhou Di Kan Chui</i>
13.	Golden Cock Stands on Leg	<i>Jin Ji Du Li</i>
14.	Hands Play Pi Pa	<i>Shou Hui Pi Pa</i>
15.	High Pat Horse	<i>Gao Tan Ma</i>
16.	Holding Tai Ji Ball	
17.	Long Arm, Short Arm	
18.	Part the Wild Horse's Mane	<i>Ye Ma Fen Zong</i>
19.	Preparation Stance	<i>Yu Bei Shi</i>
20.	Press Hands (and separate)	<i>Ji Shou</i>
21.	Push Hands	<i>An Shou</i>
22.	Raise Hands, Lean Forward	
23.	Raise Hands, Step Up	<i>Ti Shou, Shang Shi</i>
24.	Roll Back Hand	<i>Li Shou</i>
25.	Rope Pull	
26.	Sea Bottom Needle	<i>Hai Di Shen</i>
27.	Separate Foot	<i>You Fen Jiao</i>
28.	Single Whip, Long	<i>Dan Bian</i>
29.	Single Whip, Short	<i>Dan Bian</i>
30.	Slanting Flying	<i>Xie Fei Shi</i>
31.	Squat Down	<i>Xia Shi</i>
32.	Step Back and Repulse Monkey	<i>Dao Nian Hou</i>
33.	Step Back, Ride Tiger	<i>Tui Bu, Kua Hu</i>
34.	Step Up, Seven Stars	<i>Shang Bu, Qi Xing</i>

35.	Taiji Beginning Stance	<i>Tai Ji Qi Shi</i>
36.	Turn Body, Kick Foot	<i>Zhuan Shen, Deng Jiao</i>
37.	Turn Body, Sweep Leg	<i>Zhuan Shen, Bai Lian</i>
38.	Unwrap Belt, Tie Up Tiger	<i>Pi Shen Fu Hu</i>
39.	Upwards Downwards	
40.	Ward Hand	<i>Zuo Peng Shou</i>
41.	White Crane Spreads Wings (R)	<i>Bai He Liang Chi</i>
42.	White Snake Spits Out Tongue (R hand)	<i>Bai She Tu Xin</i>