

LONG HAND FORM - WUDANG STYLE

List updated by K. Allen 2007

Names from *Complete Tai Chi Chuan* by Dan Docherty ISBN 1 86126 033 4 published 1997

SECTION 1

Tai Chi at rest/Ready style

Tai Chi beginning style (Vanguard arms & Extend arms)

Seven stars style

Grasping the bird's tail

Single whip

Flying oblique

Raise hands step up (Single & Double seizing legs)

White crane flaps its wings (Break arm style)

Brush knee twist step

Seven stars left

Brush knee twist step X 3

Seven stars left

Stroke the lute

Step up, parry and punch

As if shutting a door

Embrace tiger and return to mountain

Cross hands

Oblique brush knee twist step

Turn body, brush knee twist step

Seven stars

Grasping the bird's tail

Oblique single whip

SECTION 2

Fist under elbow

Step back and repulse monkey X 3

Flying oblique (Low & High)

Raise hands and step up

White crane flaps its wings

Brush knee twist step

Seven stars left

Needle at sea bottom

Fan through the back

Turn body and swing fist

Step back, parry and punch

Step up, grasping bird's tail (Reverse seven stars)

Single whip

Wave hands in clouds

Single whip

SECTION 3

Pat the horse high, left

Left drape body (Separate hands, Tiger embraces head)

Right separate legs

Pat the horse high, right

Right drape body (Separate hands, Tiger embraces head)

Left leg kicks in a curve/Left separate legs

Turn around and kick with the heel

Brush knee twist step X 2

Step forward and punch down/plant punch

Turn body and swing fist

Step up, pat the horse high, left

Left drape body (Separate hands, Tiger embraces head)

Right separate legs

Step back seven stars

Step back beat the tiger

Twist the body and kick

Box the ears

Right drape body (Separate hands, Tiger embraces head)

Left separate legs

Turn around and kick with heel

Swing the fist

Step up parry and punch

As if shutting a door

Embrace tiger and return to mountain

Cross hands

Oblique brush knee twist step

Turn body, brush knee twist step

Seven stars style

Grasping the bird's tail

Oblique single whip

SECTION 4

Seven stars style

Parting the wild horse's mane

Seven stars style

Parting the wild horse's mane X 3

Seven stars style

Parting the wild horse's mane

Fair lady works at shuttle X 2

Seven stars style

Parting the wild horse's mane

Fair lady works at shuttle X 2

Seven stars style

Grasping the bird's tail

Single whip

Wave hands in clouds

Single whip

SECTION 5

Snake creeps down

Golden cockerel stands on one leg (White snake spits)

Step back and repulse monkey X 3 (Golden cockerel left)

Step aside, flying oblique (Double seizing legs)

Raise hands and step up

White crane flaps its wings

Brush knee, twist step

Seven stars left

Needle at sea bottom

Fan through the back

Swing the fist

Step up, parry and punch

Step up, grasping the bird's tail

Single whip

Wave hands in clouds

Single whip

SECTION 6

Pat the horse high

Slap the face

Cross and single hand sweeps lotus leg

Brush knee twist step

Step up to punch the groin

Step up, grasping the bird's tail

Single whip

Snake creeps down

Step up, seven stars

Step back to ride the tiger

Turn body and slap the face

Turn body and double hand sweep lotus leg

Draw the bow to shoot the tiger

Step up to pat the horse high, left

Slap the face

Turn body and swing fist

Step up to pat the horse high

Step up, grasping the bird's tail

Single whip

Tai Chi in unity/at rest

Completion style

