



Wutan Tai Chi Chuan

Long Square Form



1	The Ready Style	1	61	Embrace tiger and return to mountain	3
2	The Tai Chi beginning style	9	62	Cross hands	3
3	The seven stars style (right)	3	63	Oblique brush knee twist step	3
4	Grasping the bird's tail	6	64	Turn body, brush knee twist step	3
5	The single whip	3	65	The seven stars style (right)	3
6	Flying oblique	1	66	Grasping the bird's tail	6
7	Raise hands and step up	5	67	Oblique single whip	3
8	White crane flaps its wings	6	68	The seven stars style (right)	3
9	Brush knee twist step	3	69	Parting the wild horse's mane	3
10	The seven stars style (left)	3	70	The seven stars style (right)	3
11	Brush knee twist step	9	71	Parting the wild horse's mane	15
12	The seven stars style (left)	3	72	The seven stars style (right)	3
13	Stroke the lute	6	73	Parting the wild horse's mane	6
14	Step up, parry and punch	6	74	Fair lady works at the shuttle	9
15	As if shutting a door	3	75	The seven stars style (right)	3
16	Embrace tiger and return to mountain	3	76	Parting the wild horse's mane	6
17	Cross hands	3	77	Fair lady works at the shuttle	9
18	Oblique brush knee twist step	3	78	The seven stars style (right)	3
19	Turn body, brush knee twist step	3	79	Grasping the bird's tail	6
20	The seven stars style (right)	3	80	The single whip	3
21	Grasping the bird's tail	6	81	Wave hands in clouds	15
22	The single whip	3	82	The single whip	3
23	Fist under elbow	3	83	Snake creeps down	6
24	Step back and repulse monkey	9	84	Golden cockerel stands on one leg	3
25	Flying oblique	6	85	Step back and repulse monkey	9
26	Raise hands and step up	6	86	Step aside, flying oblique	6
27	White crane flaps its wings	6	87	Raise hands and step up	3
28	Brush knee twist step	3	88	White crane flaps its wings	6
29	The seven stars style (left)	3	89	Brush knee twist step	3
30	Needle at sea bottom	3	90	The seven stars style (left)	3
31	Fan through the back	6	91	Needle at sea bottom	3
32	Turn body and swing fist	3	92	Fan through the back	6
33	Step back, parry and punch	6	93	Turn body and swing fist	3
34	Step up, grasping the bird's tail	9	94	Step up, parry and punch	6
35	The single whip	3	95	Step up, grasping the bird's tail	9
36	Wave hands in clouds	15	96	The single whip	3
37	The single whip	3	97	Wave hands in clouds	15
38	Pat the horse high (left)	3	98	The single whip	3
39	Turn the body to face the left	6	99	Pat the horse high (left)	3
40	Raise the right leg and kick out in a curve	3	100	Slap the face	3
41	Pat the horse high (right)	1	101	Cross and single hand, sweep lotus leg	3
42	Turn the body to face the right	5	102	Brush knee twist step	3
43	Raise the left leg and kick out in a curve	3	103	Step up, to punch the groin	3
44	Turn around and kick with the heel	3	104	Step up, grasping the bird's tail	9
45	Brush knee twist step	6	105	The single whip	3
46	Step forward and punch down	3	106	Snake creeps down	6
47	Turn body and swing fist	3	107	Step up, seven stars cross hands	1
48	Step up and pat the horse high (left)	1	108	Step back to ride the tiger	5
49	Turn the body to face the left	5	109	Turn body and slap the face	3
50	Raise the right leg and kick out in a curve	3	110	Turn body and double hand sweep lotus leg	3
51	Step back into the seven stars style (left)	3	111	Draw the bow to shoot the tiger	6
52	Step back to strike the tiger	3	112	Pat the horse high (left)	1
53	Twist the body and kick	3	113	Slap the face	2
54	Boxing the ears	3	114	Turn body and swing fist	3
55	Turn the body to face the right	3	115	Step up to pat the horse high	1
56	Raise the left leg and kick out in a curve	3	116	Step up, grasping the bird's tail	5
57	Turn around and kick with the heel	3	117	The single whip	3
58	Swing the first	3	118	Tai Chi at rest	2
59	Step up, parry and punch	6	119	Completion style	1
60	As if shutting a door	3			