

# ***TAI JI QUAN***

## **YANG LONG FORM, FIGHTING STYLE**

*based on Yang Zhendou, 3rd son of Yang Chengfu  
and great-grandson of Yang Luchan*

**as taught and modified by  
JAKE PAUL FRATKIN, OMD, L.Ac.**

**41 applications in a sequence of 114 forms**

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

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### **SECTION ONE: 19 forms (17 new)**

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

18. **Apparent Close-Up** *Ru Feng Si Bi*  
 19. **Cross Hands** *Shi Zi Shou*

## SECTION TWO: 47 forms (24 new)

### 2-A: 19 forms (10 new)

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

## 2-B: 16 forms (9 new)

39.	<b>Left Ward Hand</b>	<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.	<b>Single Whip, Long (R side)</b>	<i>Dan Bian</i>	
45.	<b>Cloud Hands</b> (to L, 3 times)	<i>Yun Shou</i>	
46.	Single Whip, Short (R side)	<i>Dan Bian</i>	
47.	<b>High Pat Horse</b> (R hand)	<i>Gao Tan Ma</i>	
48.	<b>Right Separate Foot</b>	<i>You Fen Jiao</i>	
49.	<b>High Pat Horse</b> (L hand)	<i>Gao Tan Ma</i>	
50.	<b>Left Separate Foot</b>	<i>Zuo Fen Jiao</i>	
51.	<b>Turn Body, Kick Foot (L)</b>	<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.	<b>Forward Step, Downward Punch (R)</b>	<i>Jin Bu, Zai Chui</i>	½ way

## 2-C: 12 forms (5 new)

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

## SECTION THREE: 48 forms (27 new)

### 3-A: 14 forms (4 new)

67.	Embrace Tiger, Return to Mountain (L & R) (Diagonal) GRASP SPARROW'S TAIL (4 Forms)	<i>Bao Hu, Gui Shan</i> <i>Lan Que Wei</i>
68.	Right Ward Hand	<i>You Peng Shou</i>
69.	Roll Back Hand	<i>Li Shou</i>
70.	Press Hands (and separate)	<i>Ji Shou</i>
71.	Push Hands	<i>An Shou</i>
72.	<b>Diagonal Single Whip, Short</b>	<i>Xie Dan Bian</i>
73.	<b>Part the Wild Horse's Mane (R)</b>	<i>Ye Ma Fen Zong</i>
74.	<b>Part the Wild Horse's Mane (L)</b> (Diagonal) GRASP SPARROW'S TAIL (4 Forms)	<i>Ye Ma Fen Zong</i> <i>Lan Que Wei</i>
75.	Right Ward Hand	<i>You Peng Shou</i>
76.	Roll Back Hand	<i>Li Shou</i>
77.	Press Hands (and separate)	<i>Ji Shou</i>
78.	Push Hands	<i>An Shou</i>
79.	Single Whip, Short (R side)	<i>Dan Bian</i>
80.	<b>Jade Lady Works Shuttles (4 directions)</b>	<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>
81.	<b>Left Ward Hand</b>	<i>Zuo Peng Shou</i>
82.	<b>Roll Back Hand</b>	<i>Li Shou</i>
83.	<b>Press Hands (and separate)</b>	<i>Ji Shou</i>
84.	<b>Push Hands</b>	<i>An Shou</i>
85.	<b>Single Whip, Short (L side)</b>	<i>Dan Bian</i>
86.	<b>Cloud Hands (to R, 3 times)</b>	<i>Yun Shou</i>
87.	Single Whip, Short (L side)	<i>Dan Bian</i>

88.	<b>Squat Down</b> (L side)	<i>Xia Shi</i>
89.	<b>Golden Cock Stands on Leg</b> (L)	<i>Jin Ji Du Li</i>
90.	<b>Golden Cock Stands on Leg</b> (R)	<i>Jin Ji Du Li</i>
91.	<b>Step Back and Repulse Monkey</b> (3 times)	<i>Dao Nian Hou</i>
92.	<b>Slanting Flying</b> (to L)	<i>Xie Fei Shi</i>
93.	<b>Lean Forward</b> (to L)	<i>Fu Kao</i>
94.	<b>White Crane Spreads Wings</b> (L)	<i>Bai He Liang Chi</i>
95.	Right Brush Knee, Twist Step	<i>You Lou Xi, Ao Bu</i>
96.	<b>Sea Bottom Needle</b> (L)	<i>Hai Di Chen</i>
97.	(Elbow) <b>Fan Through Back</b> (R hand)	<i>Shan Tong Bei</i>
98.	(Turn 180°) <b>Fist Under Elbow</b> (L hand)	<i>Zhou Di Kan Chui</i>

### 3-C: Normal Side

16 forms (7 new)

99.	(Turn 180°, Wheel Arms) <b>White Snake Spits Out Tongue</b> (R hand)	<i>Bai She Tu Xin</i>
100.	Forward Step, Deflect Downwards, Parry, Punch (Step Up) <b>GRASP SPARROW'S TAIL</b> (4 Forms)(R)	<i>Jin Bu, Ban, Lan, Chui</i> <i>Lan Que Wei</i>
101.	Right Ward Hand	<i>You Peng Shou</i>
102.	Roll Back Hand	<i>Li Shou</i>
103.	Press Hands (and separate)	<i>Ji Shou</i>
104.	Push Hands	<i>An Shou</i>
105.	Single Whip, Short (R side)	<i>Dan Bian</i>
106.	<b>Squat Down</b> (R side)	<i>Xia Shi</i>
107.	<b>Step Up, Seven Stars</b>	<i>Shang Bu, Qi Xing</i>
108.	<b>Step Back, Ride Tiger</b>	<i>Tui Bu, Kua Hu</i>
109.	<b>Turn Body, Sweep Leg</b>	<i>Zhuan Shen, Bai Lian</i>
110.	<b>Bend Bow, Shoot Tiger</b>	<i>Wan Gong, She Hu</i>
111.	Forward Step, Deflect Downwards, Parry, Punch	<i>Jin Bu, Ban, Lan, Chui</i>
112.	Apparent Close-Up	<i>Ru Feng Si Bi</i>
113.	Cross Hands	<i>Shi Zi Shou</i>
114.	<b>Closing Taiji</b>	<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 Phoenix Covers Ears	<i>Shuang Feng Kua Er</i>
9.	Embrace Tiger, Return to Mountain	<i>Bao Hu, Gui Shan</i>
10.	Fan Through Back	<i>Shan Tong Bei</i>
11.	Fist Under Elbow	<i>Zhou Di Kan Chui</i>
12.	Golden Cock Stands on Leg	<i>Jin Ji Du Li</i>
13.	Hands Play Pi Pa	<i>Shou Hui Pi Pa</i>
14.	High Pat Horse	<i>Gao Tan Ma</i>
15.	Holding Tai Ji Ball	
16.	Long Arm, Short Arm	
17.	Part the Wild Horse's Mane	<i>Ye Ma Fen Zong</i>
18.	Preparation Stance	<i>Yu Bei Shi</i>
19.	Press Hands (and separate)	<i>Ji Shou</i>
20.	Push Hands	<i>An Shou</i>
21.	Raise Hands, Lean Forward	
22.	Raise Hands, Step Up	<i>Ti Shou, Shang Shi</i>
23.	Roll Back Hand	<i>Li Shou</i>
24.	Rope Pull	
25.	Sea Bottom Needle	<i>Hai Di Shen</i>
26.	Separate Foot	<i>You Fen Jiao</i>
27.	Single Whip, Long	<i>Dan Bian</i>
28.	Single Whip, Short	<i>Dan Bian</i>
29.	Slanting Flying	<i>Xie Fei Shi</i>
30.	Squat Down	<i>Xia Shi</i>
31.	Step Back and Repulse Monkey	<i>Dao Nian Hou</i>
32.	Step Back, Ride Tiger	<i>Tui Bu, Kua Hu</i>

- |     |                                       |                              |
|-----|---------------------------------------|------------------------------|
| 33. | Step Up, Seven Stars                  | <i>Shang Bu, Qi Xing</i>     |
| 34. | Taiji Beginning Stance                | <i>Tai Ji Qi Shi</i>         |
| 35. | Turn Body, Kick Foot                  | <i>Zhuan Shen, Deng Jiao</i> |
| 36. | Turn Body, Sweep Leg                  | <i>Zhuan Shen, Bai Lian</i>  |
| 37. | Unwrap Belt, Tie Up Tiger             | <i>Pi Shen Fu Hu</i>         |
| 38. | Upwards Downwards                     |                              |
| 39. | Ward Hand                             | <i>Zuo Peng Shou</i>         |
| 40. | White Crane Spreads Wings (R)         | <i>Bai He Liang Chi</i>      |
| 41. | White Snake Spits Out Tongue (R hand) | <i>Bai She Tu Xin</i>        |