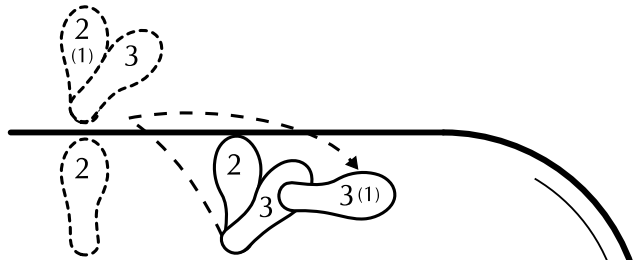


# Yang Style Tai Chi Chuan Long Form

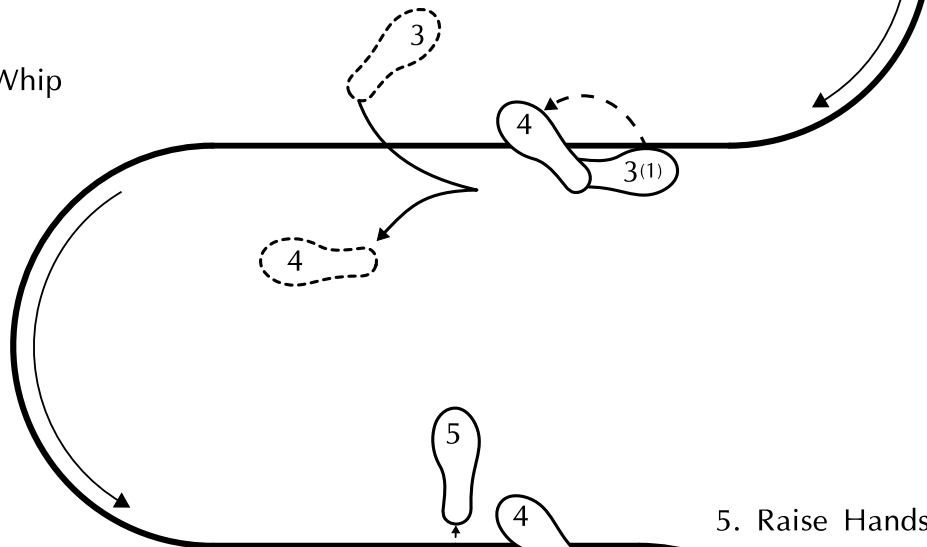
footwork reference (first third)

2. Opening

3. Grasp the Bird's Tail



4. Single Whip



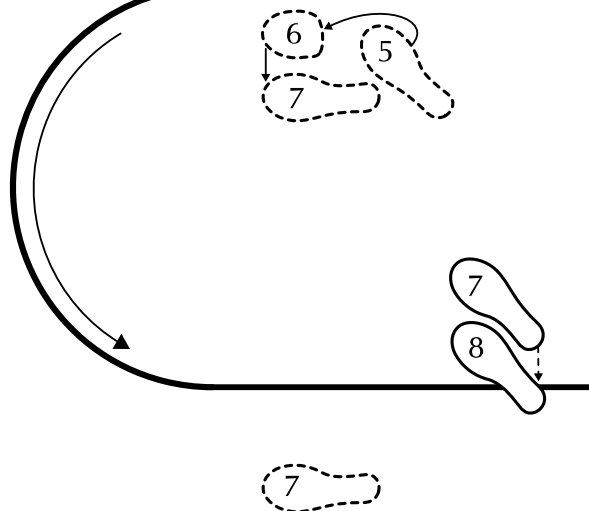
5. Raise Hands

6. White Crane



7. Left Brush Knee

8. Strum The Lute  
(cont. over)



# Yang Style Tai Chi Chuan Long Form

footwork reference (first third)

8. Strum The Lute  
(cont)

9. Left Brush Knee  
10. Right Brush Knee  
11. Left Brush Knee

12. Strum the Lute

13. Left Brush Knee  
14. Parry and Punch

15. Apparent Close Up  
16. Cross Hands

