

Yang Style Tai Chi Chuan

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| 1. Commencing form | 30. Single whip | 60. Snake creeping down |
| 2. Grasp sparrow's tail | 31. High pat on horse | 61. Golden rooster stands on one leg (L) |
| 3. Single whip | 32. Low kick - right | 62. Golden rooster stands on one leg (R) |
| 4. Lift hands | 33. Low kick - left | 63. Repulse monkey (3) |
| 5. White crane spreads its wings | 34. Turn round > kick with left heel | 64. Diagonal fly |
| 6. Brush knee > twist step | 35. Brush knee > twist step (2) | 65. Lift hands |
| 7. Strum the lute | 36. Brush knee > punch downward | 66. White crane spreads its wings |
| 8. Brush knee > twist step (3) | 37. Turn round - deflect – push | 67. Brush knee > twist step |
| 9. Strum the lute | 38. Deflect > intercept > punch | 68. Needle at the bottom of sea |
| 10. Brush knee > twist step | 39. Kick with right heel | 69. Open the fan |
| 11. Deflect > intercept > punch | 40. Hit tiger - left | 70. Turn round - deflect – push |
| 12. Withdraw > push | 41. Hit tiger - right | 71. Deflect > intercept > punch |
| 13. Cross hands | 42. Turn round > kick with right heel | 72. Grasp sparrow's tail |
| 14. Embrace tiger > return to mountain | 43. Box opponent's ears | 73. Single whip |
| 15. Grasp sparrow's tail | 44. Kick with left heel | 74. Waving hands like clouds (3) |
| 16. Diagonal single whip | 45. Turn round > kick with right heel | 75. Single whip |
| 17. Fist under elbow | 46. Deflect > intercept > punch | 76. High pat on horse > thread palm |
| 18. Repulse monkey (3) | 47. Withdraw > push | 77. Turn round > kick with right heel |
| 19. Diagonal fly | 48. Cross hands | 78. Brush knee > punch at groin |
| 20. Lift hands | 49. Embrace tiger > return to mountain | 79. Grasp sparrow's tail |
| 21. White crane spreads its wings | 50. Grasp sparrow's tail | 80. Single whip |
| 22. Brush knee > twist step | 51. Diagonal single whip | 81. Snake creeping down |
| 23. Needle at the bottom of sea | 52. Wild horse parts its mane (3) | 82. Seven star fist |
| 24. Open the fan | 53. Grasp sparrow's tail | 83. Step back > ride tiger |
| 25. Turn round > deflect > push | 54. Single whip | 84. Turn round > sweep lotus |
| 26. Deflect > intercept > punch | 55. Fair lady works at shuttles (4) | 85. Draw the bow > shoot tiger |
| 27. Grasp sparrow's tail | 56. Grasp sparrow's tail | 86. Deflect > intercept > punch |
| 28. Single whip | 57. Single whip | 87. Withdraw > push |
| 29. Waving hands like clouds (3) | 58. Waving hands like clouds (3) | 88. Cross hands |
| | 59. Single whip | |