

# Taiji – Long Form (Changjia)

of Master Huang Xingxian

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## First Section

Preparatory movement  
Ward off right & left  
Ward off, Pull Back, Press & Push  
Single Whip  
Raise Hands  
Shoulder Stroke  
White Stork Spreads its Wings  
Brush Knee & Twist Step Left  
Play the Guitar  
Brush Knee & Twist Step Left, Right & Left  
Play the Guitar  
Brush Knee & Twist Step Left  
Step Up Block, Parry & Punch  
Apparent Closing  
Cross Hands

## Second Section

Carry Tiger to Mountain  
Diagonal Single Whip  
Taoist Immortal Flaps His Sleeves  
Fist under Elbow  
Step Back & Repulse Monkey (3 to each side)  
Slanting Flying  
Raise Hands  
Shoulder Stroke  
White Stork Spreads its Wings  
Brush Knee & Twist Step Left  
Needle in the Ocean  
Fan through Back  
Turn and Chop with Fist  
Step Up, Block, Parry and Half Punch  
Ward off, Pull Back, Press & Push  
Single Whip  
Wave Hands Like Clouds (3 to each side)  
Single Whip

## Third Section

High Pat on Horse  
Separation of Leg, Right & Left  
Turn and Kick With Sole  
Brush Knee & Twist Step, Left & Right  
Step Bend & Punch  
Turn and White Snake Puts Out Tongue  
Step Up, Block, Parry & Half Punch  
Kick With Right Sole  
Shoulder Stroke  
Hit Tiger Left & Right  
Diagonal Kick with Sole  
Box Opponents Ears  
Kick With Left Foot  
Turn and kick with Sole  
Step Up Block, Parry & Punch  
Apparent Closing  
Cross Hands

## Fourth Section

Carry Tiger to Mountain  
Ward off, Pull Back, Press & Push  
Transverse Single Whip  
Part Horses Mane Right, Left & Right  
Ward off, Pull Back, Press & Push  
Single Whip  
Fair Lady Works At Shuttles (4 Corners)  
Ward off, Pull Back, Press & Push  
Single Whip  
Wave Hands Like Clouds (3 to each side)  
Single Whip

## Fifth Section

Snake Creeps Down  
Golden Cock Stands on One Leg, Left & Right  
Step Back & Repulse Monkey (3 to each side)  
Slanting Flying  
Raise Hands  
Shoulder Stroke  
White Stork Spreads its Wings  
Brush Knee & Twist Step Left  
Needle in the Ocean  
Fan through Back  
Turn and Chop with Fist  
Step Up, Block, Parry and Half Punch  
Ward off, Pull Back, Press & Push  
Single Whip  
Wave Hands Like Clouds (3 to each side)  
Single Whip

## Sixth Section

High Pat on Horse  
Diagonal Jab  
Turn and Kick With Heel  
Punch Opponents Groin  
Ward off, Pull Back, Press & Push  
Single Whip  
Snake Creeps Down  
Step Up To Form Seven Stars  
Retreat to Ride Tiger  
Turn & Sweep Lotus with Leg  
Shoot Tiger with Bow  
Step Up, Block, Parry & Punch  
Apparent Closing  
Cross Hands  
Conclusion of Taiji