

**The Authentic Yang Family Middle
Frame Long Form,
as taught by DR. SHEN ZAIWEN**

SECTION I:

1. Commencement of Taiji
2. Yin-Yang Palms
3. Yellow Dragon Enters Hole
4. Right Grasp Bird's Tail (ward off right)
5. Left Grasp Bird's Tail (ward off left)
6. Grasp Bird's Tail
7. Turn, Single Whip (wide)
8. Heaven and Earth
9. Yin-Yang Palms
10. Draw Bottle Gourd
11. Step Up and Raise Hands
12. Stork Cools Wings
13. Brush Knee (L)
14. Yin-Yang Palms
15. Draw Bottle Gourd
16. Play the Fiddle
17. Chicken Foot Strike
18. Brush Knee and Twist Step (L)
19. Brush Knee and Twist Step (R)
20. Brush Knee (L)
21. Yin-Yang Palms
22. Draw Bottle Gourd
23. Play the Fiddle
24. Chicken Foot Strike
25. Brush Knee and Twist Step (L)
26. Grab, Instep Kick, Arm Break and
27. Fan Through Back
28. Circle and Punch
29. Apparent Close-up
30. Cross Hands

SECTION II:

31. Draw Bottle Gourd,
32. Carry Tiger to Mountain
33. Two Fishes in Eight Diagrams Wide and Push (claw down)
34. Horizontal Single Whip
35. Yin-Yang Palms
36. Yellow Dragon Enters Hole
37. Hold Hair-braid and Stand on One Leg

38. Turn and Fist Under Elbow
39. Step Back and Repulse Monkey (R)
40. Step Back and Repulse Monkey (L)
41. Step Back and Repulse Monkey (R)
42. Crescent Kick
43. Push to Rear (Fair Lady works shuttles)
44. Circle Punch
45. Slanted Flying
46. Yin-Yang Palms
47. Draw Bottle Gourd
48. Step Up and Raise Hands
49. Stork Cools Wings
50. Brush Knee and Twist Step (L)
51. Grab and Push Needle to Sea Bottom
52. Fan Through Back
53. Circle Punch
54. Turn, Block and Chop with Fist
55. Step Up, Instep Kick, Arm Break,
56. Fan Through Back,
57. Circle Punch
58. Rolling Ward-off
59. Step Up, Grasp Bird's Tail
60. Turn, Single Whip (narrow, T-shape)
61. Wave Hands as Clouds (5X)
62. Single Whip (medium)
63. Standing High Pat on Horse
64. Yin-Yang Palms
65. Draw Bottle Gourd
66. Separation of Right Foot (3X)
67. Yin-Yang Palms
68. Draw Bottle Gourd
69. Separation of Left Foot (3X)
70. Pivot and Kick with Right Foot
71. Brush Knee and Twist Step (L)
72. Brush Knee and Twist Step (R)
73. Step Up and Punch Down to Pubis
74. Turn and Chop with Fist
75. Step Up, Instep Kick, Arm Break
76. Fan Through Back
77. Rolling Ward-off
78. Step Up, Grasp Bird's tail
79. Turn, Single Whip (wide)
80. Yin-Yang Palms

81. Draw Bottle Gourd
82. Right Foot Kick
83. Hold Tiger with Left Fist,
84. Hit Tiger Left
85. Hold Tiger with Right Fist
86. Hit Tiger Right
87. Hold Tiger with Left Fist
88. Yin-Yang Palms
89. Draw Bottle Gourd
90. Right Foot Kick and Snap-kick with Toe
91. Wind to the Ears
92. Draw Two Circles, Left Foot (Heel) Kick
93. Pivot and Right Foot (Heel) Kick
94. Instep Kick, Arm Break
95. Fan Through Back
96. Circle Punch
97. Apparent Close-up
98. Cross Hands

SECTION III:

99. Draw Bottle Gourd
100. Carry Tiger to Mountain
101. Two Fishes in Eight Diagrams Wide and Push (claw down)
102. Horizontal Single Whip
103. Yin-Yang Palms
104. Yellow Dragon Enters Hole
105. Partition of Wild Horse's Mane (R)
106. Partition of Wild Horse's Mane (L)
107. Partition of Wild Horse's Mane (R)
108. Ward Off Left,
109. Grasp Bird's Tail
110. Turn, Single Whip (wide)
111. Fair Lady Works at Shuttles (L)
112. Fair Lady Works at Shuttles (R)
113. Fair Lady Works at Shuttles (L)
114. Fair Lady Works at Shuttles (R)
115. L Ward Off
116. Grasp Bird's Tail
117. Turn, Single Whip (narrow, T shape)
118. Wave Hands as Clouds (5X)
119. Single Whip (wide)
120. Snake Creeps Down
121. Yin-Yang Palms
122. Golden Cockerel Stands on Left Leg
123. Yin-Yang Palms
124. Golden Cockerel Stands on Right Leg
125. Step Back and Repulse Monkey (R)

126. Step Back and Repulse Monkey (L)
127. Step Back and Repulse Monkey (R)
128. Step Back and Repulse Monkey (L)
129. Step Back and Repulse Monkey (R)
130. Crescent Kick
131. Push to the Rear (Fair Lady Works the Shuttles)
132. Circle Punch
133. Slanted Flying
134. Yin-Yang Palms
135. Draw Bottle Gourd
136. Step Up and Raise Hands
137. Stork Cools Wings
138. Brush Knee and Twist Step (L)
139. Grab and Push Needle to Sea Bottom
140. Fan Through Back
141. Circle Punch
142. Turn and White Snake Puts Out Tongue
143. Step Up, Instep Kick, Arm Break
144. Fan Through Back
145. Circle Punch
146. Rolling Ward Off
147. Grasp Bird's Tail
148. Turn, Single Whip (narrow)
149. Wave Hands as Clouds (5X)
150. Wave Hands as Clouds to R. (5X)
151. Wave Hands as Clouds (2X)
152. Single Whip (narrow)
153. Step Up, High Pat on Horse (moving)
154. Turn and Cross Legs, Kick
155. Brush Knee and Circle Punch to Groin
156. Rolling Ward Off
157. Walking Grasp bird's Tail
158. Single Whip (wide)
159. Snake Creeps Down
160. Snap Fist and Snap Kick – Step up to form seven stars
161. Retreat to Ride Tiger
162. Turn and Lotus Kick
163. Hold Tiger
164. Shoot Tiger with Bow
165. Step Up, Instep Kick, Arm Break
166. Fan Through Back
167. Circle Punch
168. Apparent Close-up
169. Conclusion to Taiji.