

The First Part of the Yang Secret Long Form as taught by H H Lui

Don Beere – Ethical Society of Saint Louis/ Mar 2021

1. Preparation Period: Wu Chi --the State of Void. Central Equilibrium. N
2. Beginning of Tai Chi (Yin & Yang)
3. Turn R (45 degrees) Step forward, Pull Down NE
4. Turn L (90 degrees) Step forward, Pull Down NW
5. Turn L (45 degrees) Push Hand W
6. Turn R (45 degrees) L Fan through the Back NW
7. Stab Hand NW
8. Turn R (180 degrees) Ward Off, Grasp Bird's Tail, Apparent Close Up SE [R Press, Grasp Bird's Tail turning L, Rolling ward off turning R, Swing ball front to L back to center, Press R, Roll back L, Push L over R palm, Neutralize, Push]
9. Turn L (180 degrees) Ward Off, Grasp Bird's Tail, Apparent Close up NE [L Press, Grasp Bird's Tail turning R, Rolling ward off turning L, Swing ball front to R back to center, Press L, Roll back R, Push R over L palm, Neutralize, Push]
10. Turn R (45 degrees) Step Forward, Pull Down, Bend Back E
11. Turn L (180 degrees) Step Forward, Single Whip W
12. Press Down W
13. White Crane Steps Forward R W
14. White Crane Steps Forward L W
15. Turn R (45 degrees) Step Forward, Pull Down, Bend Back, Elbow Stroke, Shoulder Stroke NW
16. Ward Off, Turn L (90 degrees) Step Forward, Pull Down, Bend Back, Elbow Stroke, Shoulder Stroke SW
17. Step Back, Turn L (45 degrees) Ward off, Step Forward, Push Palm W
18. Step Back, L White Stork Cools its Wing W
19. L Brush Knee, Twist Step, Push W
20. L Play the Fiddle W
21. Turn R (90 degrees) Step Forward, Pull Down, Brush Knee, Twist Step, Play Fiddle N
22. Turn L (180 degrees) Step Forward, Pull Down, Brush Knee, Twist Step, Play Fiddle S
23. Turn R (135 degrees) Step Forward, Pull Down, Deflect Downward, Parry, Punch, Apparent Close Up NW
24. Turn L (90 degrees) Step Forward, Pull Down, Deflect Downward, Parry, Punch, Apparent Close Up SW
25. Turn R (135 degrees) Carry Tiger Back to Mountain N

This form is similar to The Michau Form, Part One