



## QUIET TIGER TAI CHI

### Yang Style Long Form Tai Chi Movements (108)

( ) = Direction of Waist

#### First Section

#### Movement

##### **Beginning Tai Chi**

(1)

1. Rise, then Sink Tigers Mouths Down Leg Corners (N)
2. Double Ward-off Up, then Sink to Chest (N)
3. Rise, then Sink Tigers Mouths Down Torso Corners (N)
4. Sweep Left (N to W)

##### **Grasp Sparrow's Tail**

(2)

5. Ward-off Right, Carry Ball (W to E)
6. Ward-off Left, Sung Sink into Right Heel (N)
7. Right Turn, step out and Grasp Sparrows Tail (E)
8. Rollback Left (E to N)
9. Press (E)
10. Ward-off Up (E)
11. Double Push (E)
12. Empty Center (E)

##### **Single Whip**

(3)

13. Sweep Left (E to W)
14. Carry Ba-Gwa Fish Right (W to NE)
15. Sung Sink, then Push Hooked Hand East (N)
16. Push Shoulder and Whip Left Back Hand to West (N to NW)

##### **Raise Hands**

(4)

17. Split (N)
18. Step Up and Raise Hands (N)

##### **Shoulder Strike**

(5)

19. Rollback Left (N to W)



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- 20. Shoulder Strike to North (W)
- 21. Ward-off Right (W)

### **White Crane Spreads its Wings (6)**

- 22. Sink on the Right Foot (W)
- 23. Rise on Right Foot and Ward-off Right High, Left Low
- 24. Rollback Left (W to SW)

### **Brush Left Knee (7)**

- 25. Rollback Right (W to N)
- 26. Step Left, Push with Left Elbow and Brush Knee with Left Palm (N to W)
- 27. Sung Sink, then Push with Right Palm and Take a Half Step (W)

### **Play Lute (8)**

- 28. Step out with Left Foot, Sink on Right Foot and Play Lute (W)

### **Brush Left Knee (9)**

- 29. Rollback Right (W to N)
- 30. Step Left, Push with Left Elbow and Brush Knee with Left Palm (N to W)
- 31. Sung Sink, then Push with Right Palm and Take a Half Step (W)

### **Brush Right Knee (10)**

- 32. Rollback Left (W to S)
- 33. Step Right, Push with Right Elbow and Brush Knee with Right Palm (S to W)
- 34. Sung Sink, then Push with Left Palm and Take a Half Step (W)

### **Brush Left Knee (11)**

- 35. Rollback Right (W to N)
- 36. Step Left, Push with Left Elbow and Brush Knee with Left Palm (N to W)
- 37. Sung Sink, then Push with Right Palm and Take a Half Step (W)

### **Play Lute (12)**

- 38. Step out with Left Foot, Sink on Right Foot and Play Lute (W)

### **Brush Left Knee (13)**

- 39. Rollback Right (W to N)



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- 40. Step left, Push with Left Elbow and Brush Knee with Left Palm (N to W)
- 41. Sung Sink, then Push with Right Palm and Take a Half Step (W)

### **Deflect, Parry and Punch** (14)

- 42. Deflect Down and Step Up (W to S)
- 43. Parry, Stepping Right (S to W to N)
- 44. Step Left, Push with Left Palm (N), and Punch with Right Fist (N to W)
- 45. Sung Sink, then Jab with Right Fist (W)

### **Withdraw and Push** (15)

- 46. Clear Right Elbow (W to NW)
- 47. Double Push (NW to W)

### **Apparent Closing** (16)

- 48. Ward-off Up and Step Right to North (W to N)
- 49. Sink on Right Foot (N)
- 50. Shift to Left Foot, Draw Right Foot in (N)
- 51. Cross Hands and Rise (N)

## **Second Section**

### **Embrace Tiger, Return to Mountain** (17)

- 52. Ward-off Right and Sink into Left Heel (N to E to SE)
- 53. Push Left Hand (SE)

### **Grasp Sparrow's Tail** (18)

- 54. Reverse Ward-off Right (SE to E)
- 55. Press (SE)
- 56. Ward-off Up (SE)
- 57. Double Push (SE)
- 58. Empty Center (SE)

### **Single Whip** (19)

- 59. Sweep Left (SE to NE)
- 60. Carry Ba-Gwa Fish Right (NE to SE)
- 61. Sung Sink, then Push Hooked Hand Southeast (E)



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- 62. Push Shoulder and Whip Left Back Hand to North (E to N)
- 63. Pull Down with Both Hands Toward the East (N to E)
- 64. Rise and Sweep Left (E to S)

### **Fist Under Elbow** (20)

- 65. Push Down with Left Palm (S to W)
- 66. Rise with Fist Under Elbow (W)

### **Step Back Like A Monkey, Right** (21)

- 67. Bring Left Arm Down, Sink into Right Foot (W)
- 68. Ward-off Left (W)
- 69. Step Back with Left Foot and Push with Right Palm (W)

### **Step Back Like A Monkey, Left** (22)

- 70. Bring Right Arm Down, Sink into Left Foot (W)
- 71. Ward-off Right (W)
- 72. Step Back with Right Foot and Push with Left Palm (W)

### **Step Back Like A Monkey, Right** (23)

- 73. Bring Left Arm Down, Sink into Right Foot (W)
- 74. Ward-off Left (W)
- 75. Step Back with Left Foot and Push with Right Palm (W)
- 76. Sweep Right (W to N)

### **Slanting Flight** (24)

- 77. Turn Left, Cradle Arms and Empty Right Shoulder (N to W)
- 78. Step Behind and Slant Ward-off to Northeast (W to N)

### **Raise Hands** (25)

- 79. Split (N)
- 80. Step Up and Raise Hands (N)

### **Shoulder Strike** (26)

- 81. Rollback Left (N to W)
- 82. Shoulder Strike to North (W)
- 83. Ward-off Right (W)





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### **White Crane Spreads its Wings (27)**

- 84. Sink on the Right Foot (W)
- 85. Rise on Right Foot and Ward-off Right High, Left Low
- 86. Rollback Left (W to SW)

### **Brush Left Knee (28)**

- 87. Rollback Right (W to N)
- 88. Step Left, Push with Left Elbow and Brush Knee with Left Palm (N to W)
- 89. Sung Sink, then Push with Right Palm and Take a Half Step (W)

### **Needle at Sea Bottom (29)**

- 90. Bring Right Palm Down Sinking into Right Foot (W)
- 91. Rise on Right Foot Bring Right Palm Up into Ward-off (W)

### **Spread Arms Like a Fan (30)**

- 92. Shift Weight to Left Foot and Turn Right (N)
- 93. Push Left Hand to the West, Right Hand Block (NW)
- 94. Sweep to the Right (N to E)

### **Turn and Strike with Closed Fist (31)**

- 95. Deflect Down (E to N)
- 96. Step with Right Shoulder, Elbow and Closed Backhand Circle to East (N to E)
- 97. Sung Sink, then Push with Left Palm (E)

### **Deflect, Parry and Punch (32)**

- 98. Deflect Down and Step Up (E to N)
- 99. Parry, Stepping Right (N to E to S)
- 100. Step Left, Push with Left Palm (S), and Punch with Right Fist (S to E)
- 101. Sung Sink, then Jab with Right Fist (E)

### **Grasp Sparrows Tail (33)**

- 102. Ward-off Right, Carry Ball (E to S)
- 103. Ward-off Left, Sung Sink into Right Heel (S to E to NE)
- 104. Right Turn, Step out and Grasp Sparrows Tail (E)



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- 105. Rollback Left (E to N)
- 106. Press (E)
- 107. Ward-off Up (E)
- 108. Double Push (E)
- 109. Empty Center (E)

### **Single Whip (34)**

- 110. Sweep Left (E to W)
- 111. Carry Ba-Gwa Fish Right (W to NE)
- 112. Sung Sink, then Push Hooked Hand East (N)
- 113. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **Cloud Hands (Two) (35)**

- 114. Sweep Right (NW to NE)
- 115. Sweep Left, Side Step Left (NE to NW)
- 116. Open Ward-off Right (NW to NE)
- 117. Open Ward-off Left, Side Step Left (NE to NW)
- 118. Open Ward-off Right (NW to NE) (36)
- 119. Open Ward-off Left, Side Step Left (NE to NW)

### **Single Whip (37)**

- 120. Carry Ba-Gwa Fish Right (NW to NE)
- 121. Sung Sink, then Push Hooked Hand Northeast (N)
- 122. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **High Pat on Horse (38)**

- 123. Left Ward-off, Right Hand High (NW to W)
- 124. Push Down with Right Palm and Sink into Left Foot (W)
- 125. Push up with Right Palm Over Left Ward-off to the West (W)

### **Separate Right Foot (39)**

- 126. Step to Southwest and Clear Right Elbow (W)
- 127. Bring Right Foot in and Sink on Left Foot (W)
- 128. Rise and Kick Northwest with Right Toe (W)

### **Separate Left Foot (40)**



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- 129. Step to Northwest and Clear Left Elbow (W)
- 130. Bring Left Foot in and Sink on Right Foot (W)
- 131. Rise and Kick Northwest with Left Toe (W)
- 132. Turn Left Without Lowering Left Foot (W to S)

### **Left Heel Kick (41)**

- 133. Place Foot Down and Clear Left Elbow (S to SE)
- 134. Kick with Heel to East (SE)
- 135. At the Top of the Heel Kick, Start Rollback Right (SE to S)

### **Brush Left Knee (42)**

- 136. Place Foot Down While Continuing Rollback Right (S)
- 137. Push with Left Elbow and Brush Knee with Left Palm (S to E)
- 138. Sung Sink, then Push with Right Palm (E)

### **Brush Right Knee (43)**

- 139. Rollback Left and Step Right (E to N)
- 140. Push with Right Elbow and Brush Knee with Right Palm (N to E)
- 141. Sung Sink, then Push with Left Palm (E)

### **Punch Downward (44)**

- 142. Rollback Right and Step Left (E to S)
- 143. Push with Left Palm and Punch Downward with Right Fist (S to SE)
- 144. Rise and Sweep Right (SE to SW)

### **Turn and Strike with Open Fist (Snake Spits Tongue) (45)**

- 145. Deflect Down (SW to S)
- 146. Step with Right Shoulder, Elbow and Open Backhand Circle to West (S to W)
- 147. Sung Sink, then Push with Left Palm (W)

### **Deflect, Parry and Punch (46)**

- 148. Deflect Down and Step Up (W to S)
- 149. Parry, Stepping Right (S to W to N)
- 150. Step Left, Push with Left Palm (N), and Punch with Right Fist (N to W)
- 151. Jab, then Double Ward-off, High (W)



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### **Right Heel Kick** (47)

- 152. Step Right Foot Forward and Clear Right Elbow (W to SW)
- 153. Kick with Right Heel to the West (SW)
- 154. At the Top of the Heel Kick, Start Rollback Left (SW)
- 155. Place Foot Down and Continue Rollback Left (SW to S)
- 156. Rollback Right (S to SW)

### **Punch Tiger Left** (48)

- 157. Step Southeast and Rollback Left (SW to S)
- 158. Punch Left High and Right Low (S to SW)

### **Punch Tiger Right** (49)

- 159. Step North (W) and Rollback Right (W to NW)
- 160. Punch Right High and Left Low (NW to W)

### **Right Heel Kick** (50)

- 161. Step Southeast with Left Foot and Clear Right Elbow (W to SW)
- 162. Kick with Right Heel to the West (SW)

### **Separate Hands** (51)

- 163. Bring Hands Down on Right Knee (W)

### **Box Ears** (52)

- 164. Place Right Foot Towards the Northwest and Box Ears (NW)

### **Left Heel Kick** (53)

- 165. Step Left Foot Forward and Clear Left Elbow (NW)
- 166. Kick with Left Heel to the West (NW)
- 167. Spin Right on Right Foot (NW to S)

### **Right Heel Kick** (54)

- 168. Step South with Left Foot and Clear Right Elbow (SW)
- 169. Kick with Right Heel to the West (SW)

### **Deflect, Parry and Punch** (55)

- 170. Deflect Down and Step Up (W to S)



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- 171. Parry, Stepping Right (S to W to N)
- 172. Step Left, Push with Left Palm (N), and Punch with Right Fist (N to W)
- 173. Sung Sink, then Jab with Right Fist (W)

### **Withdraw and Push (56)**

- 174. Clear Right Elbow (W to NW)
- 175. Double Push (NW to W)

### **Apparent Closing (57)**

- 176. Ward-off Up and Step Right to North (W to N)
- 177. Sink on Right Foot (N)
- 178. Shift to Left Foot, Draw Right Foot in (N)
- 179. Cross Hands and Rise (N)

## **Third Section**

### **Embrace Tiger, Return to Mountain (58)**

- 180. Ward-off Right and Sink into Left Heel (N to E to SE)
- 181. Push Left Hand (SE)

### **Grasp Sparrow's Tail (59)**

- 182. Reverse Ward-off Right (SE to E)
- 183. Press (SE)
- 184. Ward-off Up (SE)
- 185. Double Push (SE)
- 186. Empty Center (SE)

### **Single Whip (60)**

- 187. Sweep Left (SE to NE)
- 188. Carry Ba-Gwa Fish Right (NE to SE)
- 189. Sung Sink, then Push Hooked Hand Southeast (E)
- 190. Push Shoulder and Whip Left Back Hand to North (E to N)

### **Wild Horse Parts Main, Right (61)**

- 191. Sweep Right (N to SE)
- 192. Cradle Arms (SE to NE)



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193. Step out with Right Foot and Slant Ward-off Right (NE to E)  
**Wild Horse Parts Main, Left** (62)  
194. Sweep Left (E to NE)  
195. Cradle Arms (NE to SE)  
196. Step out with Left Foot and Slant Ward-off Left (SE to E)
- Wild Horse Parts Main, Right** (63)  
197. Sweep Right (E to SE)  
198. Cradle Arms (SE to NE)  
199. Step out with Right Foot and Slant Ward-off Right (NE to E)
- Grasp Sparrows Tail** (64)  
200. Step up and Rollback Left (E to N)  
201. Ward-off Right, Carry Ball (N to E)  
202. Ward-off Left, Sung Sink into Right Heel (E to N)  
203. Right Turn, Step out and Grasp Sparrows Tail (E)  
204. Rollback Left (E to N)  
205. Press (E)  
206. Ward-off Up (E)  
207. Double Push (E)  
208. Empty Center (E)
- Single Whip** (65)  
209. Sweep Left (E to W)  
210. Carry Ba-Gwa Fish Right (W to NE)  
211. Sung Sink, then Push Hooked Hand East (N)  
212. Push Shoulder and Whip Left Back Hand to West (N to NW)
- Fair Lady Works Shuttles, Northeast** (66)  
213. Ba-Gwa Step Right and Cradle Arms (NW to SE)  
214. Step Northeast and Ward-off Left High (SE to E)  
215. Sung Sink, then Push with Right Palm and Left Ward-off Northeast (E to NE)
- Fair Lady Works Shuttles, Northwest** (67)  
216. Ba-Gwa Step Left and Cradle Arms (NE to SE)  
217. Step Northwest and Ward-off Right High (SE to W)



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218. Sung Sink, then Push with Left Palm and Right Ward-off Northwest (W to NW)

### **Fair Lady Works Shuttles, Southwest (68)**

219. Cross Step Left and Cradle Arms (NW)  
220. Step Southwest and Ward-off Left High (NW to W)  
221. Sung Sink, then Push with Right Palm and Left Ward-off Southwest (W to SW)

### **Fair Lady Works Shuttles, Southeast (69)**

222. Ba-Gwa Step Right and Cradle Arms (SW to NW)  
223. Step Southeast and Ward-off Right High (NW to E)  
224. Sung Sink, then Push with Left Palm and Right Ward-off Southeast (E to SE)

### **Grasp Sparrows Tail (70)**

225. Step up and Rollback Left (E to N)  
226. Ward-off Right, Carry Ball (N to E)  
227. Ward-off Left, Sung Sink into Right Heel (E to N)  
228. Right Turn, Step out and Grasp Sparrows Tail (E)  
229. Rollback Left (E to N)  
230. Press (E)  
231. Ward-off Up (E)  
232. Double Push (E)  
233. Empty Center (E)

### **Single Whip (71)**

234. Sweep Left (E to W)  
235. Carry Ba-Gwa Fish Right (W to NE)  
236. Sung Sink, then Push Hooked Hand East (N)  
237. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **Cloud Hands (Two) (72)**

238. Sweep Right (NW to NE)  
239. Sweep Left (NE to NW)  
240. Open Ward-off Right (NW to NE)  
241. Open Ward-off Left (NE to NW)





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242. Open Ward-off Right (NW to NE) (73)  
243. Open Ward-off Left (NE to NW)

### **Single Whip** (74)

244. Carry Ba-Gwa Fish Right (NW to NE)  
245. Sung Sink, then Push Hooked Hand Northeast (N)  
246. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **Snake Creeps Down** (75)

247. Broaden Stance and Circle Left Ward-off Low (NW to NE to NW)

### **Golden Cock Stands on Left Leg** (76)

248. Bring Right Tiger's Mouth up through Left Ward-off and  
249. Stand on Left Leg (NW to W)

### **Golden Cock Stands on Right Leg** (77)

250. Bring Left Tiger's Mouth up through Right Ward-off and  
251. Stand on Right Leg (W)

### **Step Back Like A Monkey, Right** (78)

252. Bring Left Arm Down, Sink into Right Foot (W)  
253. Ward-off Left (W)  
254. Step Back with Left Foot and Push with Right Palm (W)

### **Step Back Like A Monkey, Left** (79)

255. Bring Right Arm Down, Sink into Left Foot (W)  
256. Ward-off Right (W)  
257. Step Back with Right Foot and Push with Left Palm (W)

### **Step Back Like A Monkey, Right** (80)

258. Bring Left Arm Down, Sink into Right Foot (W)  
259. Ward-off Left (W)  
260. Step Back with Left Foot and Push with Right Palm (W)  
261. Sweep Right (W to N)

### **Slanting Flight** (81)



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- 262. Turn Left, Cradle Arms and Empty Right Shoulder (N to W)
- 263. Step Behind and Slant Ward-off to Northeast (W to N)

### **Raise Hands (82)**

- 264. Split (N)
- 265. Step Up and Raise Hands (N)

### **Shoulder Strike (83)**

- 266. Rollback Left (N to W)
- 267. Shoulder Strike to North (W)
- 268. Ward-off Right (W)

### **White Crane Spreads its Wings (84)**

- 269. Sink on the Right Foot (W)
- 270. Rise on Right Foot and Ward-off Right High, Left Low
- 271. Rollback Left (W to SW)

### **Brush Left Knee (85)**

- 272. Rollback Right (W to N)
- 273. Step Left, Push with Left Elbow and Brush Knee with Left Palm (N to W)
- 274. Sung Sink, then Push with Right Palm and Take a Half Step (W)

### **Needle at Sea Bottom (86)**

- 275. Bring Right Palm Down Sinking into Right Foot (W)
- 276. Rise on Right Foot Bring Right Palm Up into Ward-off (W)

### **Spread Arms Like a Fan (87)**

- 277. Shift Weight to Left Foot and Turn Right (N)
- 278. Push Left Hand to the West, Right Hand Block (NW)
- 279. Sweep to the Right (N to E)

### **Turn and Strike with Closed Fist (88)**

- 280. Deflect Down (E to N)
- 281. Step with Right Shoulder, Elbow and Closed Backhand Circle to East (N to E)
- 282. Sung Sink, then Push with Left Palm (E)



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### **Deflect, Parry and Punch (89)**

- 283. Deflect Down and Step Up (E to N)
- 284. Parry, Stepping Right (N to E to S)
- 285. Step Left, Push with Left Palm (S), and Punch with Right Fist (S to E)
- 286. Sung Sink, then Jab with Right Fist (E)

### **Grasp Sparrows Tail (90)**

- 287. Ward-off Right, Carry Ball (E to S)
- 288. Ward-off Left, Sung Sink into Right Heel (S to E to NE)
- 289. Right Turn, Step out and Grasp Sparrows Tail (E)
- 290. Rollback Left (E to N)
- 291. Press (E)
- 292. Ward-off Up (E)
- 293. Double Push (E)
- 294. Empty Center (E)

### **Single Whip (91)**

- 295. Sweep Left (E to W)
- 296. Carry Ba-Gwa Fish Right (W to NE)
- 297. Sung Sink, then Push Hooked Hand East (N)
- 298. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **Cloud Hands (Two) (92)**

- 299. Sweep Right (NW to NE)
- 300. Sweep Left, Side Step Left (NE to NW)
- 301. Open Ward-off Right (NW to NE)
- 302. Open Ward-off Left, Side Step Left (NE to NW)
- 303. Open Ward-off Right (NW to NE)
- 304. Open Ward-off Left, Side Step Left (NE to NW)

### **Single Whip (94)**

- 305. Carry Ba-Gwa Fish Right (NW to NE)
- 306. Sung Sink, then Push Hooked Hand Northeast (N)
- 307. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **High Pat on Horse (95)**



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- 308. Left Ward-off, Right Hand High (NW to W)
- 309. Push Down with Right Palm and Sink into Left Foot (W)
- 310. Push up with Right Palm Over Left Ward-off to the West (W)

### **Crossing Palms and Throat Strike** (96)

- 311. Slide Right Hand over Left Arm Sink on Right Foot (W)
- 312. Step Forward with Left Foot and Thrust Tiger's Mouth (W)
- 313. Turn and Push Palm Down East (E)

### **Right Heel Kick** (97)

- 314. Ward-off Up (E)
- 315. Kick with Right Heel to the East (E)
- 316. At the Top of the Heel Kick, Start Rollback Right (E)
- 317. Place Foot Down and Continue Rollback Right (E to S)

### **Punch Low** (98)

- 318. Step Left, Push with Left Palm (S), and Punch Low with Right Fist (S to E)
- 319. Sung Sink, then Jab with Right Fist (E)

### **Grasp Sparrows Tail** (99)

- 320. Ward-off Right, Carry Ball (E to S)
- 321. Ward-off Left, Sung Sink into Right Heel (S to E to NE)
- 322. Right Turn, Step out and Grasp Sparrows Tail (E)
- 323. Rollback Left (E to N)
- 324. Press (E)
- 325. Ward-off Up (E)
- 326. Double Push (E)
- 327. Empty Center (E)

### **Single Whip** (100)

- 328. Sweep Left (E to W)
- 329. Carry Ba-Gwa Fish Right (W to NE)
- 330. Sung Sink, then Push Hooked Hand East (N)
- 331. Push Shoulder and Whip Left Back Hand to West (N to NW)

### **Snake Creeps Down** (101)



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332. Broaden Stance and Circle Left Ward-off Low (NW to NE to NW)

### **Step Up to Seven Stars (102)**

333. Step up to Punch with Crossed Fists (NW to W)

### **Retreat and Ride Tiger (103)**

334. Step Back and Ward-off Right High, Left Low (W)

335. Sink, then Ward-off Right with Big Turn (W to N to E to W)

### **Sweep Lotus (104)**

336. Step Southwest with Left Foot and Sweep Lotus with Right Foot (W to SW)

337. Rollback Right (SW to NW)

338. Rollback Left High (NW to W)

### **Bend Bow and Shoot Tiger (105)**

339. Right Ward-off High and Left Punch to the Northwest (W to NW)

### **Deflect, Parry and Punch (106)**

340. Step South with Left Foot (W to S)

341. Deflect Down and Step Up (S)

342. Parry, Stepping Right (S to W to N)

343. Step Left, Push with Left Palm (N), and Punch with Right Fist (N to W)

344. Sung Sink, then Jab with Right Fist (W)

### **Withdraw and Push (107)**

345. Clear Right Elbow (W to NW)

346. Double Push (NW to W)

### **Closing (108)**

347. Ward-off Up and Step Right to Face North (W to N)

348. Sink on Right Foot (N)

349. Shift to Left Foot, Draw Right Foot in (N)

350. Cross Hands and Rise (N)

351. Sink (N)