



# The Studio School of T'ai Chi Ch'uan

## Grandmaster C.C. Chen - 132 Movement Long Form

### SECTION 1

1.	Preparation	1 2	↑
2.	Commencement of Tai Chi Chuan	1 2 3 4 5 6	↑
3.	Ward Off With Left Hand	1 2 3 4	↑
4.	Ward Off With Right Hand	1 2 3 4	→
5.	Roll Away	1 2 3	→
6.	Press	1 2	→
7.	Push	1 2	→
8.	Single Whip	1 2 3 4 5 6 7	←
9.	Lifting The Hands	1 2	↑
10.	White Crane Spreads Its Wings	1 2	←
11.	Step Up, Brush Knee with Left Hand	1 2 3 4 5	←
12.	Step Up, Brush Knee with Right Hand	1 2 3 4	←
13.	Step Up, Brush Knee with Left Hand	1 2 3 4	←
14.	Playing The Guitar	1 2 3	←
15.	Step Up, Deflect, Intercept and Punch	1 2 3 4 5	←
16.	Withdraw And Push	1 2 3	←
17.	Crossing Hands	1 2 3 4	↑

### SECTION 2

18.	Retreat To The Mountain Camp	1 2 3 4	↘
19.	Roll Away	1 2	↘
20.	Press	1 2	↘
21.	Push	1 2	↘
22.	Diagonal Single Whip	1 2 3 4 5 6 7	↖
23.	A Fist Under The Elbow	1 2 3 4 5	←
24.	Step Back to Drive the Monkeys Away	1 2 3 4	←
25.	Step Back to Drive the Monkeys Away	1 2 3 4	←
26.	Step Back to Drive the Monkeys Away	1 2 3 4	←
27.	Diagonal Flying Posture	1 2 3 4	↗
28.	Lifting The Hands	1 2 3	↑
29.	White Crane Spreads Its Wings	1 2	←
30.	<b>White Crane Spreads Both Its Wings</b>	1 2	←
31.	Step Up, Brush Knee with Left Hand	1 2 3 4	←



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32.	Needle to the Sea Bottom	1 2 3 4	←
33.	Spread Arms Like A Fan	1 2 3	←
34.	Turn Back with Back Fist and Chop	1 2 3 4 5	→
35.	Step Aside, Deflect, Intercept and Punch	1 2 3 4 5 6	→
36.	Ward Off with Right Hand	1 2 3 4	→
37.	Roll Away	1 2 3	→
38.	Press	1 2	→
39.	Push	1 2	→
40.	Single Whip	1 2 3 4 5 6 7	←
41.	Waving Hands in The Clouds	1 2 3 4	↑
42.	Waving Hands in The Clouds	1 2 3 4	↑
43.	Waving Hands in The Clouds	1 2 3 4	↑
44.	Single Whip	1 2 3 4 5 6	←
45.	High Pad on Horse with Right Hand	1 2 3	←
46.	Kick with Right Toe	1 2 3 4 5 6	←
47.	High Pad On Horse With Left Hand	1 2	←
48.	Kick with Left Toe	1 2 3 4 5 6	←
49.	Turn Back, Kick with Left Sole	1 2 3 4	→
50.	Step Down, Brush Knee with Left Hand	1 2 3	→
51.	Step Up, Brush Knee with Right Hand	1 2 3 4	→
52.	Step Up, Punching Downwards	1 2 3 4	→
53.	Turn Back with Back Fist and Chop	1 2	←
54.	Step Up, Deflect, Intercept and Punch	1 2 3 4 5 6	←
55.	Kick with Right Sole	1 2 3 4	←
56.	Step Aside, Hit Tiger with Left Fist	1 2 3 4	←
57.	Step Back, Hit Tiger with Right Fist	1 2 3	←
58.	Kick with Right Sole	1 2 3 4	←
59.	Turn, Strike Ears with the Fists	1 2 3 4 5	↖
60.	Kick with Left Sole	1 2 3 4	←
61.	Turn Around, Kick with Right Sole	1 2 3 4	←
62.	Step Up, Deflect, Intercept and Punch	1 2 3 4 5 6	←
63.	Withdraw and Push	1 2 3 4	←
64.	Crossing Hands	1 2 3 4	↑

## SECTION 3

65.	Retreat to the Mountain Camp	1 2 3 4	↘
66.	Roll Away	1 2	↘
67.	Press	1 2	↘
68.	Push	1 2	↘



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69.	Diagonal Single Whip	1 2 3 4 5 6 7	↖
70.	Partition of Wild Horse's Mane Right	1 2 3 4	→
71.	Partition of Wild Horse's Mane Left	1 2 3 4	→
72.	Partition of Wild Horse's Mane Right	1 2 3 4	→
73.	Ward Off with Left Hand	1 2 3 4	↑
74.	Ward Off with Right Hand	1 2 3 4	→
75.	Roll Away	1 2 3	→
76.	Press	1 2	→
77.	Push	1 2	→
78.	Single Whip	1 2 3 4 5 6 7	←
79.	Fair Lady at The Shuttle One	1 2 3 4 5 6	↗
80.	Fair Lady at The Shuttle Two	1 2 3 4	↖
81.	Fair Lady at The Shuttle Three	1 2 3 4	↙
82.	Fair Lady at The Shuttle Four	1 2 3 4	↘
83.	Ward Off with Left Hand	1 2 3 4	↑
84.	Ward Off with Right Hand	1 2 3 4	→
85.	Roll Away	1 2	→
86.	Press	1 2	→
87.	Push	1 2	→
88.	Single Whip	1 2 3 4 5 6 7	←
89.	Waving Hands in The Clouds	1 2 3 4 5 6	↑
90.	Waving Hands in The Clouds	1 2 3 4	↑
91.	Waving Hands in The Clouds	1 2 3 4	↑
92.	Single Whip	1 2 3 4 5 6	←
93.	Snake Creeps Down	1 2 3 4	↖
94.	Golden Pheasant Stands on Right Leg	1 2 3	←
95.	Golden Pheasant Stands on Left Leg	1 2	←
96.	Step Back to Drive the Monkeys Away	1 2 3 4	←
97.	Step Back to Drive the Monkeys Away	1 2 3 4	←
98.	Step Back to Drive the Monkeys Away	1 2 3 4	←
99.	Diagonal Flying Posture	1 2 3 4	↗
100.	Lifting the Hands	1 2 3	↖
101.	White Crane Spreads Its Wings	1 2	←
102.	Step Up, Brush Knee With Left Hand	1 2 3 4 5	←
103.	Needle to Sea Bottom	1 2 3 4	←
104.	Spread Arms Like a Fan	1 2 3 4	←
105.	<b>Turn Back with Back Palm And Chop</b>	1 2 3 4 5	→
106.	Step Up, Deflect, Intercept and Punch	1 2 3 4 5 6	→
107.	Ward Off with Right Hand	1 2 3 4	→



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108.	Roll Away	1 2	→
109.	Press	1 2	→
110.	Push	1 2	→
111.	Single Whip	1 2 3 4 5 6 7	←
112.	Waving Hands in The Clouds	1 2 3 4 5 6	↑
113.	Waving Hands in The Clouds	1 2 3 4	↑
114.	Waving Hands in The Clouds	1 2 3 4	↑
115.	Single Whip	1 2 3 4 5 6	←
116.	High Pat on Horse and Strike With Fingers	1 2 3 4 5	←
117.	Turn Back and Kick with Cross Leg	1 2 3 4	→
118.	Brush Knee with Right Hand	1 2 3	→
119.	Step Up, Punch at The Groin	1 2 3 4	→
120.	Step Up, Ward Off with Right Hand	1 2 3 4	→
121.	Roll Away	1 2	→
122.	Press	1 2	→
123.	Push	1 2	→
124.	Single Whip	1 2 3 4 5 6 7	←
125.	Snake Creeps Down	1 2 3 4	↖
126.	Step Up to The Seven Stars (Of The Dipper)	1 2 3	←
127.	Step Back to Ride The Tiger	1 2 3	←
128.	Turn Around with Lotus Kick	1 2 3 4	←
129.	Shoot Tiger with Bow	1 2 3	←
130.	Step Up, Deflect, Intercept and Punch	1 2 3 4 5 6	←
131.	Withdraw and Push	1 2 3	←
132.	Crossing Hands	1 2 3 4	↑
133.	(Conclusion of Tai Chi Chuan)	(1 2)	↑

### Notes:

- The arrows indicate the ultimate direction of a particular posture, as seen from the viewpoint of the practitioner;
- The numbers indicate the number of submovements and –positions within each movement;
- This transcription is based on the 1995 VHS edition of the long form (recorded in 1993).

### Additional remarks on differences with the 60 Movements Short Form:

- Movements 9-10 & 100-101: **No** Shoulder Strike!
- Movements 14-15: **No** Cross Over The Knee And Step (Brush Knee And Step Up) !