

Traditional Yang Style Tai Chi - 103 Movements (Standard Counting)

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| 1. | 预备 | Preparation Form |
| 2. | 起式 | Beginning |
| 3. | 拦雀尾 | Grasp the Sparow's tail |
| 4. | 单鞭 | Single whip |
| 5. | 提手上势 | Raise Hands and Step Forward |
| 6. | 白鹤凉翅 | White Crane Spreads its Wings |
| 7. | 左搂膝拗步 | Left Brush Knee and Push |
| 8. | 手挥琵琶 | Hand Strums the Lute |
| 9. | 左搂膝拗步 | Left Brush Knee and Push |
| 10. | 右搂膝拗步 | Right Brush Knee and Push |
| 11. | 左搂膝拗步 | Left Brush Knee and Push |
| 12. | 手挥琵琶 | Hand Strums the Lute |
| 13. | 左搂膝拗步 | Left Brush Knee and Push |
| 14. | 进步搬拦捶 | Step forward, Parry Block and Punch |
| 15. | 如封似闭 | Apparent Close Up |
| 16. | 十字手 | Cross Hands |
| 17. | 抱虎归山 | Embrace the Tiger and Return to Mountain |
| 18. | 肘底捶 | Fist Under Elbow |
| 19. | 左倒撵猴 | Step Back and Repulse the Monkey, Left |
| 20. | 右倒撵猴 | Step Back and Repulse the Monkey, Right |
| 21. | 左倒撵猴 | Step Back and Repulse the Monkey, Left |
| 22. | 斜飞式 | Diagonal Flying |
| 23. | 提手上势 | Raise Hands and Step Forward |
| 24. | 白鹤凉翅 | White Crane Spreads its Wings |
| 25. | 左搂膝拗步 | Left Brush Knee and Push |
| 26. | 海底针 | Needle at Sea Bottom |
| 27. | 扇通背 | Fan Through the Back |
| 28. | 转身白蛇吐信 | Turn Body and White Snake Spits out Tongue |
| 29. | 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 30. | 上步拦雀尾 | Step Forward and Grasp the Sparow's Tail |
| 31. | 单鞭 | Single whip |
| 32. | 云手 | Cloud Hands (1) |
| 33. | 云手 | Cloud Hands (2) |
| 34. | 云手 | Cloud Hands (3) |
| 35. | 单鞭 | Single whip |
| 36. | 高探马 | High Pat on Horse |
| 37. | 右分脚 | Right Separation Kick |
| 38. | 左分脚 | Left Separation Kick |
| 39. | 转身左蹬脚 | Turn Body and Left Heel Kick |
| 40. | 左搂膝拗步 | Left Brush Knee and Push |
| 41. | 右搂膝拗步 | Right Brush Knee and Push |
| 42. | 进步栽捶 | Step Forward and Punch Down |
| 43. | 转身撇身捶 | Turn Body and Chop with Fist |
| 44. | 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 45. | 右蹬脚 | Right Heel Kick |

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| 46. | 左打虎式 | Left Strike Tiger |
| 47. | 右打虎式 | Right Strike Tiger |
| 48. | 回身右蹬脚 | Turn Body and Right Heel Kick |
| 49. | 双峰灌耳 | Twin Fists Strike Opponents Ears |
| 50. | 左蹬脚 | Left Heel Kick |
| 51. | 转身右蹬脚 | Turn Body and Right Heel Kick |
| 52. | 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 53. | 如封似闭 | Apparent Close Up |
| 54. | 十字手 | Cross Hands |
| 55. | 抱虎归山 | Embrace the Tiger and Return to Mountain |
| 56. | 斜单鞭 | Diagonal Single Whip |
| 57. | 右野马分鬃 | Parting Wild Horse's Mane, Right |
| 58. | 左野马分鬃 | Parting Wild Horse's Mane, Left |
| 59. | 右野马分鬃 | Parting Wild Horse's Mane, Right |
| 60. | 拦雀尾 | Grasp the Sparow's tail |
| 61. | 单鞭 | Single Whip |
| 62. | 玉女穿梭 | Fair Lady Works at Shuttles |
| 63. | 拦雀尾 | Grasp the Sparow's tail |
| 64. | 单鞭 | Single Whip |
| 65. | 云手 | Cloud Hands (1) |
| 66. | 云手 | Cloud Hands (2) |
| 67. | 云手 | Cloud Hands (3) |
| 68. | 单鞭 | Single Whip |
| 69. | 下势 | Snake Creeps Down |
| 70. | 左金鸡独立 | Golden Rooster Stands on One Leg, Left |
| 71. | 右金鸡独立 | Golden Rooster Stands on One Leg, Right |
| 72. | 左倒撵猴 | Step Back and Repulse the Monkey, Left |
| 73. | 右倒撵猴 | Step Back and Repulse the Monkey, Right |
| 74. | 左倒撵猴 | Step Back and Repulse the Monkey, Left |
| 75. | 斜飞势 | Diagonal Flying |
| 76. | 提手上势 | Raise Hands and Step Forward |
| 77. | 白鹤凉翅 | White Crane Spreads its Wings |
| 78. | 左搂膝拗步 | Left Brush Knee and Push |
| 79. | 海底针 | Needle at Sea Bottom |
| 80. | 扇通背 | Fan Through the Back |
| 81. | 转身白蛇吐信 | Turn Body and White Snake Spits out Tongue |
| 82. | 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 83. | 上步拦雀尾 | Step Forward and Grasp the Sparow's tail |
| 84. | 单鞭 | Single Whip |
| 85. | 云手 | Cloud Hands (1) |
| 86. | 云手 | Cloud Hands (2) |
| 87. | 云手 | Cloud Hands (3) |
| 88. | 单鞭 | Single Whip |
| 89. | 高探马穿掌 | High Pat On Horse with Palm Thrust |
| 90. | 十字腿 | Cross Kick |
| 91. | 进步指裆捶 | Step Forward and Punch Groin |
| 92. | 上步拦雀尾 | Step Forward and Grasp the Sparow's tail |
| 93. | 单鞭 | Single Whip |
| 94. | 下势 | Snake Creeps Down |
| 95. | 上步七星 | Step Forward Seven Stars |

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| 96. | 退步跨虎 | Step back and Ride the Tige |
| 97. | 转身摆莲 | Turn Body and Swing Over Lotus |
| 98. | 弯弓射虎 | Bend the Bow and Shoot the Tiger |
| 99. | 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 100. | 如封似闭 | Apparent Close Up |
| 101. | 十字手 | Cross Hands |
| 102. | 收式 | Closing |
| 103. | 还原 | Return to Normal |