



SOUTH LONDON T'AI CHI

Tang Cheng Fu - Long form SYLLABUS FOR STAGE II

FIRST TERM

1. Attention
2. Preparation
3. Beginning

4. Ward Off Left
5. Ward Off Right
6. Roll Back
7. Press
8. Push

9. Single Whip
10. Lifting Hands
11. Shoulder stroke
12. White Crane Spreading Wings

13. Brush Left Knee and Push
14. Play Guitar
15. Brush Left Knee and Push
16. Brush Right Knee and Push
17. Brush Left Knee and Push
18. Play Guitar
19. Brush Left Knee and Push

20. Step Forward, Deflect Downwards, Intercept and Punch
21. Withdraw and Push
22. Crossing Hands

23. Embrace Tiger to Return to Mountain
24. Roll Back
25. Press
26. Push
27. Diagonal Single Whip

28. Punch Under Elbow
29. Step Back to Repulse Monkey (R)
30. Step Back to Repulse Monkey (L)
31. Step Back to Repulse Monkey (R) (1A)
32. Step Back to Repulse Monkey (~L)
33. Step Back to Repulse Monkey (R)

34. Diagonal Flying
35. Lifting Hands
36. Shoulder Stroke
37. White Crane Spreading Wings
38. Brush Left Knee and Push



SOUTH LONDON T'AI CHI

39. Needles at Sea Bottom

40. Iron Fan Penetrates Back

41. Turn Body, Chop and Push

42. Step Forward, Deflect Downwards, Intercept and Punch

43. Flat Fist and Cut (L)

44. Ward Off Left

45. Ward Off Right

46. Roll Back

47. Press

48. Push

Grasp Sparrows Tail

49. Single Whip

50. Waving Hands in the Clouds (R)

51. Waving Hands in the Clouds (L)

52. Waving Hands in the Clouds (R)

53. Waving Hands in the Clouds (L)

54. Waving Hands in the Clouds (R)

55. Single Whip

56. High Pat on Horse

57. Separate Right Foot

58. Separate Left Foot

SECOND TERM

59. Turn Round and Kick with Heel (L)

60. Brush Left Knee and Push

61. Brush Right Knee and Push

62. Brush Left Knee and Punch Downwards

63. Turn Body, Chop and Push

64. Step Forward, Deflect Downwards, Intercept and Punch

65. Kick Upwards (R)

66. Strike Tiger (L)

67. Strike Tiger (R)

68. Kick Upwards (R)

69. Strike Tigers Ears

70. Kick with Heel (L)

71. Turn and Kick with Heel (R)

72. Step Forward, Deflect Downwards, Intercept and Punch

73. Withdraw and Push

74. Crossing Hands

75. Embrace Tiger to Return to Mountain



SOUTH LONDON T'AI CHI

- 76. Roll Back
- 77. Press
- 78. Push
- 79. Slanting Single Whip

- 80. Parting Wild Horse's Mane (R)
- 81. Parting Wild Horse's Mane (L)

- 82. Parting Wild Horse's Mane (R)
- 83. Parting Wild Horse's Mane (L)
- 84. Parting Wild Horse's Mane (R)

85. Cup Elbow and Horizontal Split (R)

- 86. Ward Off Left
- 87. Ward Off Right
- 88. Roll Back
- 89. Press
- 90. Push

Grasp Sparrows Tail

- 91. Single Whip

- 92. Fair Lady Weaves Shuttles (R)
- 93. Fair Lady Weaves Shuttles (L)
- 94. Fair Lady Weaves Shuttles (R)
- 95. Fair Lady Weaves Shuttles (L)
- 96. Pull and Push Shoulder (R)

- 97. Ward Off Left
- 98. Ward Off Right
- 99. Roll Back
- 100. Press
- 101. Push
- 102. Single Whip

Grasp Sparrows Tail

THIRD TERM

- 103. **Waving Hands in the Clouds (R)**
- 104. **Waving Hands in the Clouds (L)**
- 105. **Waving Hands in the Clouds(R)**
- 106. **Waving Hands in the Clouds (L)**
- 107. **Waving Hands in the Clouds(R)**
- 108. Single Whip

- 109. Squatting Single Whip
- 110. Golden Rooster Stands on One Leg (R)
- 111. Golden Rooster Stands on One Leg (L)

- 112. Step Back to Repulse Monkey (R)
- 113. Step Back to Repulse Monkey (L)
- 114. Step Back to Repulse Monkey (R)



SOUTH LONDON T'AI CHI

- 115. Step Back to Repulse Monkey (L)
- 116. Step Back to Repulse Monkey (R)
- 117. Diagonal Flying
- 118. Lifting Hands
- 119. Shoulder Stroke
- 120. Hammer
- 121. Lifting Hands
- 122. Elbow Strike
- 123. Shoulder Stroke
- 124. White Crane Spreading Wings
- 125. Brush Left Knee and Push
- 126. Needles at Sea Bottom
- 127. Iron Fan Penetrates Back

- 128. Turn Body, White Snake Puts Out Tongue and Push
- 129. Step Forward, Deflect Downwards, Intercept and Punch
- 130. Flat Fist and Cut (L)**

- 131. Ward Off Left
- 132. Ward Off Right
- 133. Roll Back
- 134. Press
- 135. Push

Grasp Sparrows Tail

- 136. Single Whip

- 137. Waving Hands in the Clouds (R)**
- 138. Waving Hands in the Clouds (L)**
- 139. Waving Hands in the Clouds(R)**
- 140. Waving Hands in the Clouds (L)**
- 141. Waving Hands in the Clouds(R)**
- 142. Single Whip

- 143. High Pat on Horse
- 144. Thrusting Hand

- 145. Turn and Kick with Heel (R)
- 146. Parry, Brush Left Knee and Punch to Groin (R)

147. Flat Fist and Cut

- 148. Ward Off Left
- 149. Ward Off Right
- 150. Roll Back
- 151. Press
- 152. Push

Grasp Sparrows Tail

- 153. Single Whip
- 154. Squatting Single Whip



SOUTH LONDON T'AI CHI

155. Step Forward to The Seven Stars
156. Step Back to Ride Tiger
157. Turn Body and Sweep Lotus with Leg
158. Bend Bow to Shoot Tiger
159. Step Forward, Deflect Downwards, Intercept and Punch
160. Withdraw and Push
161. Crossing Hands
162. Conclusion
163. Attention

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