



**Classic Yang Style: Yang Family, Old Style, Big-  
Frame Tai Chi Form: Section 1, a Step-by-Step  
Instructional Guide (The Yang Lu-Ch'an Tai Chi  
(T'aiji) Long Form) Second Edition**

*Hern Heng*

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This booklet is a step-by-step instructional guide to learning and practicing the Old Yang, Lu-Ch'an "Yang Family" Tai Chi (T'aiji) form. It is the Big Frame style that preceded Yang, Cheng-Fu, the grandson of Yang, Lu-Ch'an. This is the form that Yang, Lu-Ch'an's two practicing sons practiced.

This form was derived from Yang, Lu-Chan extrapolating the techniques and approach to T'aiji from the Jiang Fa "ancient" Taoist T'aiji system and formatting them to the Chen Lao Jia sequence. The author holds lineage in both Yang and Chen systems and has taught T'aijiquan at career colleges, Universities, community centers, Martial Arts schools, quarterly seminars as well as judging regularly at the Arnold Classic.

This is an introductory guide and deals with how to move your body, not advanced details of qi circulation and the like. For advanced training in this form, the serious student should contact the author to reserve a space at the next quarterly Nei Jia seminar taught by the author.

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