

Yang Style 24 Forms

1. Commencing Form
2. Parting the Wild Horse's Mane (3x L-R-L)
3. White Crane Spreads its Wings
4. Brushing Knee (3x L-R-L)
5. Playing the Lute
6. Repulse the Monkey (4x Step Back L-R-L-R)
7. Stroking Bird's Tail ~ (L) (ward off, roll back, press, push)
8. Stroking Bird's Tail ~ (R) (ward off, roll back, press, push)
9. Single Whip
10. Waving Hands Like Clouds (3x - L)
11. Single Whip
12. High Pat on the Horse
13. Heel Kick ~ (R)
14. Punching Ears with Both Fists
15. Heel Kick ~ (L)
16. Snake Creeps Down (L) and
Golden Rooster Stands on One Foot (L)
17. Snake Creeps Down (R) and
Golden Rooster Stands on One Foot (R)
18. Fair Lady Playing at the Shuttle ~ (R-L)
19. Needle at the Bottom of the Sea
20. Fan Back
21. Turning the Body to Deflect, Parry and Punch
22. Stopping the Blows and Pushing Away
23. Cross Hands
24. Closing Form