

Yang Family Form

Preparation

Beginning

Grasp Sparrow's Tail

Ward Off Left

Ward Off Right

Roll Back

Press

Push

Single Whip

Lift Hands (1)

Lean Forward

White Crane Spreads Wings

Brush Left Knee and Push

Play the Lute

Brush Left Knee and Push

Brush Right Knee and Push

Brush Left Knee and Push

Play Lute

Brush Left Knee and Push

Step Forward, Parry and Punch

Withdraw and Push

Cross Hands

Embrace Tiger, Return to Mountain

Grasp Sparrow's Tail

Roll Back

Press

Push

Diagonal Single Whip

Fist Under Elbow

Step Back, Repulse Monkey (1)

Right

Left

Right

Diagonal Flying

Lift Hands (2)

Lean Forward

White Crane Spreads Wings

Brush Left Knee and Push

Play Lute

Get Needle at Sea Bottom (1)

Spread Arms like a Fan

Turn and Punch like a Hammer (1)

Step Forward and Punch

Step Forward, Grasp Sparrow's Tail

Ward Off Right

Roll Back

Press

Push

Single Whip

Wave Hands in Clouds (1)

Single Whip

High Pat on Horse, Right

Separate Foot, Right

High Pat on Horse, Left

Separate Foot, Left

Turn and Strike with Left Heel

Brush Left Knee and Push

Brush Right Knee and Push

Step Forward and Punch Downward

Turn and Punch Like a Hammer (2)

Step Forward, Parry and Punch

Strike with Right Foot

Push

Hit Tiger

Left

Right

White Monkey Offers Fruit

Two Winds Pass Through Ears

Sink and Kick with Left Foot

Turn and Kick with Right Foot

Step Forward, Parry and Punch

Withdraw and Push

Cross Hands

Embrace Tiger, Return to Mountain

Grasp Sparrow's Tail

Roll Back

Press

Push

Diagonal Single Whip

Separate Wild Horse's Mane

Right

Left

Right

Grasp Sparrow's Tail

Ward Off Left

Ward Off Right

Roll Back

Press

Push

Single Whip

Fair Lady Works at Shuttle (4 Corners)

Grasp Sparrow's Tail

Ward Off Left

Ward Off Right

Roll Back

Press

Push

Single Whip

Wave Hands in Clouds (2)

Single Whip

Snake Creeps Down

Golden Rooster Stands on Left Foot

Golden Rooster Stands on Right Foot

Step Back, Repulse Monkey (2)

Right

Left

Right

Diagonal Flying

Lift Hands (3)

White Crane Spreads Wings

Brush Left Knee and Push

Get Needle at Sea Bottom (2)

Spread Arms like a Fan

Turn and Punch Like a Hammer (3)

Step Forward and Punch

Step Forward, Grasp Sparrow's Tail

Ward Off Right

Roll Back

Press

Push

Single Whip

Wave Hands in Clouds (3)

Single Whip

High Pat on Horse

Threading the Palm

Turn and Strike with Right Heel

Step Forward, Brush Knee and Punch Low

Step Forward, Grasp Sparrow's Tail

Ward Off Right

Roll Back

Press

Push

Single Whip

Snake Creeps Down

Step Forward to Seven Stars

Step Back, Ride Tiger

Turn Body, Sweep Lotus with Leg

Rolling Fist

Turn Diagonally and Prostrate Tiger

Bend Bow, Shoot Tiger

Step Forward, Parry and Punch

Withdraw and Push

Cross Hands

Closing Form