

Yang Form "24" Listing

- 1-Preparatory sequence
- 2-Part wild horse's mane (*3)
- 3-White stork spreads its wings
- 4-Brush knee (*3)
- 5-Play the fiddle
- 6-Repulse monkey (*4)
- 7-Grasp the bird's tail –Pung Lu Chi Na (*2)
- 8-Two fish
- 9-Single whip
- 10-Wave hands like clouds (*3)
- 11-Single whip
- 12-High pat on horse
- 13-Kick with right sole
- 14-Strike ears with fist
- 15-Turn round and kick with left sole
- 16-Snake creeps down and golden cockerel (*2)
- 17-Fair lady works at the shuttle (*2)
- 18-Needle at the bottom of the sea
- 19-Fan through back
- 20-Turn body, parry and strike
- 21-Step forward and vertical punch
- 22-Na
- 23-Cross hands
- 24-Final phase: return to starting point