



Yang Long Form - Posture List

1. Taiji XiShi
2. ward off left
3. ward off right
4. roll back
5. Press
6. Push
7. single whip
8. lift hands
9. white crane spreads wings
10. l- brush knee push step
11. play the pipa
12. l- brush knee push step
13. r- brush knee push step
14. l- brush knee push step
15. play the pipa
16. l- brush knee push step
17. deflect, parry, punch
18. withdraw and push
19. apparent close - cross hands

end of first section

20. carry tiger to mountain
21. grasp sparrows tail
22. fist under elbow
23. r- repulse monkey
24. l- repulse monkey
25. r- repulse monkey
26. diagonal(slant) flying
27. lift hands
28. white crane spreads wings
29. l- brush knee push step
30. pick up needle at sea bottom
31. fan through the back
32. turn around and chop
33. deflect parry and punch
34. step forward grasp sparrows tail
35. single whip

36. wave hands like clouds (3)
37. single whip
38. high pat the horse
39. separate leg right
40. separate leg left
41. spin - heel kick left
42. l- brush knee push step
43. r- brush knee push step
44. step up punch downward
45. turn and chop
46. deflect parry punch
47. heel kick right
48. hit tiger left
49. hit tiger right
50. heel kick right
51. box ears
52. heel kick left
53. spin and heel kick right
54. deflect, parry, punch
55. withdraw and push
56. apparent close -cross hands

end of second section

57. carry tiger to mountain
58. grasp the birds tail
59. diagonal single whip
60. r- part the wild horses mane
61. l- part the wild horses mane
62. r- part the wild horses mane
63. ward off left
64. grasp the sparrows tail
65. single whip
66. fair lady works the shuttle 4 corners
67. ward off left
68. grasp the sparrows tail
69. single whip
70. wave hands like clouds (3)

71. single whip
72. snake creeps down
73. l- golden pheasant stands on one leg
74. r- golden pheasant stands on one leg
75. r- repulse the monkey
76. l- repulse the monkey
77. r- repulse the monkey
78. diagonal flying
79. lift hands
80. white crane spreads wings
81. l- brush knee push step
82. pick up needle at sea bottom
83. fan through the back
84. turn body and white snake sticks out tongue
85. deflect parry and punch
86. grasp the sparrows tail
87. single whip
88. wave hands like clouds (3)
89. single whip
90. high pat the horse
91. white snake sticks out tongue
92. turn and right heel kick
93. punch opponents groin
94. grasp the sparrows tail
95. single whip
96. squatting single whip
97. step up to seven stars
98. step back to ride tiger
99. turn around and sweep lotus
100. shoot tiger with bow
101. deflect parry punch
102. withdraw and push
103. close - cross hands
104. he taij