

## **Yang Style 16 Movement Form: List of Movements**

(from Yang Family website. See LINKS)

1. Preparation Form
  2. Beginning (Opening)
  3. Cloud Hands (1)
  4. Single Whip
  5. Fist Under Elbow
  6. White Crane Spreads Its Wings
  7. Left Brush Knee and Push
  8. Hand Strums the Lute
  9. Step Back and Repulse the Monkey, Left
  10. Left Strike the Tiger
  11. Parting Wild Horses Mane
  12. Step Forward and Punch to Groin
  13. Turn Body, White Snake Spits Out Tongue
  14. Step Forward, Parry, Block and Punch
  15. Step Forward and Grasp the Bird's Tail
  16. Cross Hands and Close
- Return to Normal