



## THE YANG LONG FORM

### **SECTION ONE**

1. Wuji to Taiji (N)
2. Ward-Off to the Right (SE)
  - Ward-Off to the Left (NE)
3. Grasp Bird's Tail (E)
  - Warding Off Upwardly
  - Roll-back
  - Press
  - Push
4. Single Whip (L)(W)
5. Step Up and Raise Hands (N)
6. Stork Cools Its Wings (W)
7. Brush Left Knee and Twist (W)
8. Play the Pipa (W)
9. Brush Left Knee and Twist (W)
  - Brush Right Knee and Twist (W)
  - Brush Left Knee and Twist (W)
10. Play the Pipa (W)
11. Brush Left Knee and Twist (W)
12. Step Up, Deflect, Parry and Punch (W)
13. Apparent Close-up (W)
14. Cross Hands (NW)
15. Carry Tiger to Mountain (N)

### **SECTION TWO**

16. Diagonal Brush Left Knee and Twist (NW)
  - Diagonal Brush Right Knee and Twist (SE)
17. Step Up, Roll Back, Press & Push (SE)
18. Diagonal Single Whip (L)(NW)
19. Fist Under elbow (W)
20. Repulse the Monkey (L)(W)
  - Repulse the Monkey (R)(W)
  - Repulse the Monkey (L)(W)
  - Repulse the Monkey (R)(W)
21. Flying at a Slant (NE)
22. Step Up and Raise Hands (N)
23. Stork Cools Its Wings (W)
24. Brush Left Knee and Twist (W)
25. Needle To the Sea Bottom (W)
26. Fan Through the Back (W)
27. Turn and Chop With Fist (E)
28. Step Up, Deflect, Parry and Punch (E)
29. Step Up to Grasp Bird's Tail (E)

- Warding Off Upwardly
  - Roll-back
  - Press
  - Push
30. Single Whip (W)
  31. Wave Hands Like Clouds (N)
  32. Single Whip (W)
  33. High Pat On Horse (W)
  34. Large and Small Circles (W)
  35. Capture on the Left (SW)
  36. Separate Right Foot [Right Crescent Kick] (W)
  37. Capture on the Right (NW)
  38. Separate Left Foot [Left Crescent Kick] (W)
  39. Turn the Body and Left Heel Kick (E)
  40. Brush Left Knee and Twist (E)
    - Brush Right Knee and Twist (E)
  41. Step Up and Punch Down (E)
  42. Turn and Chop With Fist (W)
  43. Step Up, Deflect, Parry and Punch (W)
  44. Downward Elbow Strike (W)
  45. Right Heel Kick (W)
  46. Hit the Tiger Left (W)
  47. Downward Double Fist Press (SE)
  48. Hit the Tiger Right (W)
  49. Right Heel Kick (W)
  50. Strike Ears With Fists (NW)
  51. Left Heel Kick (W)
  52. Turn the Body and Right Heel Kick (W)
  53. Step Up, Deflect, Parry and Punch (W)
  54. Apparent Close-up (W)
  55. Cross Hands (NW)
  56. Carry Tiger to Mountain (N)

### **SECTION THREE**

57. Diagonal Left Brush Knee & Twist (NW)
  - Diagonal Right Brush Knee & Twist (SE)
58. Step Up, Roll Back, Press & Push (SE)
59. Single Whip (N)
60. Parting the Wild Horse's Mane (SE)
  - Parting the Wild Horse's Mane (NE)
  - Parting the Wild Horse's Mane (SE)
  - Parting the Wild Horse's Mane (NE)
61. Grasp Bird's Tail (E)
  - Warding Off Upwardly



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- Roll-back
  - Press
  - Push
62. Single Whip (W)
  63. Step Up and Push (E)
  64. Fair Lady Works the Shuttles (L)(NE)
    - Fair Lady Works the Shuttles (R)(NW)
    - Fair Lady Works the Shuttles (L)(SW)
    - Fair Lady Works the Shuttles (R)(SE)
  65. Diagonal Ward-Off to the Left (NE)
  66. Grasp Birds Tail (E)
    - Warding Off Upwardly
    - Roll-back
    - Press
    - Push
  67. Single Whip (W)
  68. Wave Hands Like Clouds (N)
  69. Single Whip (W)
  70. Snake Creeps Down (W)
  71. Golden Rooster Stands On Left Leg (W)
    - Golden Rooster Stands On Right Leg (W)
  72. Repulse the Monkey (L)(W)
    - Repulse the Monkey (R)(W)
    - Repulse the Monkey (L)(W)
    - Repulse the Monkey (R)(W)
  73. Flying At a Slant (NE)
  74. Step Up and Raise Hands (N)
  75. Stork Cools Its Wings (W)
  76. Brush Left Knee and Twist (W)
  77. Needle To the Sea Bottom (W)
  78. Fan Through the Back (W)
  79. Turn and Chop With Fist (E)
  80. Step Up, Deflect, Parry and Punch (E)
  81. Step Up to Grasp Birds Tail (E)
    - Warding Off Upwardly
    - Roll-back
    - Press
    - Push
  82. Single Whip (W)
  83. Wave Hands Like Clouds (N)
  84. Single Whip (W)
  85. White Snake Puts Out Tongue (L)(W)
  86. White Snake Puts Out Tongue (R)(E)
  87. Play the Pipa (Toe)(R)(E)
  88. Right Heel Kick (E)
  89. Low Stomach Punch (E)
  90. Step Up to Grasp Birds Tail (E)
    - Warding Off Upwardly
    - Roll-back
    - Press
    - Push
  91. Single Whip (W)
  92. Snake Creeps Down (W)
  93. Step Up To the Seven Stars (W)
  94. Retreat To Ride the Tiger (W)
  95. Turn Around to Sweep Lotus (W)
  96. Draw Bow to Shoot the Tiger (W)
  97. Step Up, Deflect, Parry and Punch (W)
  98. Apparent Close-up (W)
  99. Cross Hands (NW)
  100. Return to Wuji (N)