

Yang 24 Posture List

1. Commencing Form
2. Parting Wild Horse's Mane –Left, Right & Left
3. White Crane Flashing Wings
4. Brush Knee Right, Left & Right
5. Playing the Lute
6. Repulse Monkey Right, Left, Right, Left
7. Stroking Bird's Tail Left
 Ward Off, Role Back, Press, and Push
8. Stroking Bird's Tail Right
 Ward Off, Role Back, Press, and Push
9. Single Whip
10. Waving Hands Like Clouds 3 times
11. Single Whip
12. Pat Horse form on High
13. Heel Kick Right
14. Punching Ears with Both Fists
15. Turn & Heel Kick Left
16. Lower Movement and Golden Cock Stands on One Leg-Left
17. Lower Movement and Golden Cock Stands on One Leg-Right
18. Fair Lady, Work at Shuttles – Right, Left
19. Needle at Sea Bottom
20. Fan Back
21. Turn to Deflect Downward, Parry & Punch
22. Apparent Closing UP
23. Cross Hands
24. Closing Form