

# Yang Saber Form

*Transcribed by Edwin Wise*

## **Section One**

1. Step up 7 Stars Left
2. Step up 7 Stars Right
3. Step Back, White Crane Spreads Wings
4. Turn Around Hidden Knife
5. White Crane Stands on One Leg
6. Diagonal Push Knife
7. Lift Knife Left, Lift Knife Right
8. Lift Knife Left, Lift Knife Right (fb)
9. Step Forward Push Knife
10. Fair Lady works Shuttle (snake)
11. Center Lift (liberty)
12. Middle Draw (fb)

## **Section Two**

13. Step Forward Horizontal Push Knife
14. Diagonal Push Knife
15. Turn Around over the Head Hidden Knife
16. Slice Up (high change-up)
17. Slice Down (fb)
18. Step Forward Push Knife
19. Turn Around over the Head Hidden Knife
20. Slice Up, Slice Down (slice-and-dice)

21. Slice Up, Slice Down
22. Slice Up
23. Double Jump Kick, Step up, Hit the Tiger Form (punch under knife)
24. White Crane Spreads Wings
25. Over the Head Hidden Knife Heel Kick
26. White Crane Spreads Wings
27. Over the Head Hidden Knife Toe Kick, Brush Knee Push (fb)

## **Section Three**

28. Step Forward Push Knife
29. Turn Around over the Head Hidden Knife (fb)
30. Push Boat with the Current 1,2,3,4
31. Turn Around Brush Knee Push
32. Slice Up, Slice Down
33. Slice Up, Slice Down
34. Slice Up
35. Kicking Turn-around Chop
36. Use Axe to Grind Mountain
37. Kick Blade at Throat, Turn Around Chop
38. Use Axe to Grind Mountain
39. Close