

# Yang Long Form

*Transcribed by Edwin Wise*

## Section One

1. Commencement
2. Grasp Sparrow's Tail: Ward Left
3. ...Ward Right
4. ...Roll-back
5. ...Press
6. ...Push
7. Single Whip
8. Lift Hands
9. White Crane Spreads Wings
10. Brush Knee Push (right)
11. Playing Guitar
12. Brush Knee Push (right)
13. Brush Knee Push (left)
14. Brush Knee Push (right)
15. Playing Guitar
16. Brush Knee Push (right)
17. Deflect Down, Intercept, and Punch
18. Withdraw and Push
19. Cross Hands

## Section Two

20. Embrace Tiger, Return to Mountain
21. Grasp Sparrow's Tail
22. Diagonal Single Whip
23. Fist Under Elbow
24. Repulse Monkey (right)
25. Repulse Monkey (left)
26. Repulse Monkey (right)
27. Diagonal Flying
28. Lift Hands
29. White Crane Spreads Wings
30. Brush Knee Push

## Section Three

31. Needle at Sea Bottom
32. Fan Through the Back
33. Turn Around and Chop
34. Deflect Down, Intercept, and Punch
35. Step Forward, Grasp Sparrow's Tail
36. Single Whip
37. Cloud Hands (three)
38. Single Whip

## Section Four

39. High Pat on Horse
40. Separate Right Foot
41. Separate Left Foot
42. Turn Around and Kick (left)
43. Brush Knee Push (right)
44. Brush Knee Push (left)
45. Step Up and Punch Downwards
46. Turn Around and Chop
47. Deflect Down, Intercept, and Punch

## Section Five

48. Kick Right Foot
49. Hit Tiger (left)
50. Hit Tiger (right)
51. Kick Right Foot
52. Strike Ears with Fists
53. Kick Left Foot
54. Turn Around and Kick (right)
55. Deflect Down, Intercept, and Punch
56. Withdraw and Push
57. Cross Hands

## Section Six

58. Embrace Tiger, Return to Mountain
59. Grasp Sparrow's Tail
60. Diagonal Single Whip
61. Mustang Ruffling its Mane (right)
62. Mustang Ruffling its Mane (left)
63. Mustang Ruffling its Mane (right)
64. Grasp Sparrow's Tail
65. Single Whip

## Section Seven

66. Fair Lady Works the Shuttle (1)
67. Fair Lady Works the Shuttle (2)
68. Fair Lady Works the Shuttle (3)
69. Fair Lady Works the Shuttle (4)
70. Grasp Sparrow's Tail
71. Single Whip
72. Cloud Hands
73. Single Whip

### **Section Eight**

- 74. Snake Creeps Down
- 75. Golden Rooster Stands on Leg (right)
- 76. Golden Rooster Stands on Leg (left)
- 77. Repulse Monkey (right)
- 78. Repulse Monkey (left)
- 79. Repulse Monkey (right)
- 80. Diagonal Flying
- 81. Lift Hands
- 82. White Crane Spreads Wings
- 83. Brush Knee Push

### **Section Nine**

- 84. Needle at Sea Bottom
- 85. Fan Through the Back
- 86. Turn, White Snake Sticks out Tongue
- 87. Deflect Down, Intercept, and Punch
- 88. Step Forward, Grasp Sparrow's Tail
- 89. Single Whip
- 90. Cloud Hands
- 91. Single Whip

### **Section Ten**

- 92. High Pat on Horse
- 93. Crossing Palm
- 94. Turn Body and Cross-Form Kick
- 95. Punch to Groin
- 96. Step Forward, Grasp Sparrow's Tail
- 97. Single Whip

### **Section Eleven**

- 98. Snake Creeps Down
- 99. Step Up Seven Stars
- 100. Step Back and Ride the Tiger
- 101. Turn Around and Sweep the Lotus
- 102. Shoot Tiger with Bow
- 103. Deflect Down, Intercept, and Punch
- 104. Withdraw and Push
- 105. Close

