

# Yang Short 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. Shoulder Strike, White Crane Spreads Wings
10. Brush Knee Push (right)
11. Playing Guitar
12. Brush Knee Push (left)
13. Step Forward, Deflect Down, Intercept, and Punch
14. Withdraw and Push
15. Cross Hands

## **Section Two**

16. Embrace Tiger, Return to Mountain
17. Grasp Sparrow's Tail
18. Diagonal Single Whip
19. Fist Under Elbow
20. Repulse Monkey (right)
21. Repulse Monkey (left)
22. Repulse Monkey (right)
23. Diagonal Flying
24. Cloud Hands (three)
25. Single Whip

## **Section Three**

26. Snake Creeps Down
27. Golden Rooster Stands on Leg (left)
28. Golden Rooster Stands on Leg (right)
29. Separate Right Foot
30. Separate Left Foot
31. Turn Around and Heel Kick
32. Brush Knee Push (right)
33. Brush Knee Push (left)
34. Step Up and Punch to Groin
35. Step Forward, Grasp Sparrow's Tail
36. Single Whip

## **Section Four**

37. Fair Lady Works the Shuttle (1)
38. Fair Lady Works the Shuttle (2)
39. Fair Lady Works the Shuttle (3)
40. Fair Lady Works the Shuttle (4)
41. Grasp Sparrow's Tail
42. Single Whip

## **Section Five**

43. Snake Creeps Down
44. Step Up Seven Stars
45. Step Back and Ride the Tiger
46. Turn Around and Sweep the Lotus
47. Shoot Tiger with Bow
48. Step Forward, Deflect Down, Intercept, and Punch
49. Withdraw and Push
50. Cross Hands
51. Close