

Yang Style Short Form

60 Movement

1. Preparation (3)
2. Beginning (6)
3. Ward-off with Left Hand (4)
4. Ward-off with Right Hand (5)
5. Roll Away (3)
6. Press (2)
7. Push (2)
8. Single Whip (7)
9. Lifting the Hands (3)
10. Shoulder Strike (3)
11. White Crane Spreads Its Wings (2)
12. Cross Over the Knee, and Step (5)
13. Playing the Guitar (3)
14. Cross Over the Knee and Step (4)
15. Step Up, Deflect, Intercept, and Punch (6)
16. Get the Needle at the Sea Bottom (4)
17. Spread Arms Like a Fan (3)
18. Turn and Strike with Back Fist, Chop with the Fingers (6)
19. Withdraw and Push (5)
20. Crossing Hands (4)
21. Retreat to the Mountain Camp for a Rematch (4)
22. Roll Away (2)
23. Press (2)
24. Push (2)
25. Diagonal Single Whip (7)
26. A Fist Under the Elbow (5)
27. Step Back to Drive the Monkeys Away (4)
28. Diagonal Flying Posture (4)
29. Waving Hands in the Clouds (5)
30. Single Whip (6)
31. Snake Creeps Down (4)
32. The Golden Pheasant Stands on Left Leg (3)
33. The Golden Pheasant Stands on Right Leg (2)
34. Kick with Right Foot (6)
35. Kick with Left Foot (5)
36. Turn Around and Strike with Sole (4)
37. Step Up and Strike with Fist (3)
38. Strike Ears with Fist (6)
39. Roll away (2)
40. Press (2)
41. Push (2)
42. Single Whip (7)
43. Fair Lady at the Shuttle # 1 (6)
44. Fair Lady at the Shuttle # 2 (4)
45. Fair Lady at the Shuttle # 3 (4)
46. Fair Lady at the Shuttle # 4 (4)
47. Ward Off with Left Hand (4)
48. Ward off with Right Hand (5)
49. Roll Away (3)
50. Press (2)
51. Push (2)
52. Single Whip (7)
53. Snake Creeps Down (4)
54. Step Up to Seven Stars of the Dipper (3)
55. Step Back Ride the Tiger (3)
56. Turn Around with Lotus Kick (5)
57. Bend the Bow to Shoot the Tiger (3)
58. Step Up, Deflect, Intercept, and Punch (6)
59. Withdraw and Push (3)
60. Crossing Hands (6)

(#) Number of Positions