

## YANG STYLE SHORT FORM

- 1 Opening.** Start facing North. Stand with heels together, toes turned out 45\* (NW, NE). Shift to the right. Sink down. Right hand out to the NE side, fingers pointing down. Left foot steps to the left. Touch the heel down. Turn to the right 45\* turn left toes straight ahead North. Raise hands to the waist level and turn back to the front. Turn the right toes in, feet are parallel. Inhale, raise hands to shoulder level. Exhale, and extend fingers. Retract hands and inhale. Lower hands and exhale.
- 2 Single handed ward off.** Shift to the left foot. Pivot on the heel and turn out the right toes (East) and hold the ball, right hand on top. Shift to the right foot and step to the North with the left foot. Raise the left arm and ward off. Right hand presses down and the right toes turn in 45\* (NE).
- 3 Double handed ward off.** Shift to the left foot turn the waist to the right, and hold the ball with the left hand on top. Raise the right hand and turn the waist to the left. Step with the right foot and push the ball forward.
- 4 Rollback, Press, Push.** Turn the waist to the right, and circle the right hand down and out. Raise the right hand, sit back, turn to the left. The left hand circles and touches the right hand. Shift forward and Press. Separate the hands, then sit back. Shift forward and push.
- 5 Single whip.** Sit back turn all the way to the left, palms facing down. Hold the ball right hand on top. Shift and turn all the way to the right. Right hand forms a bird's beak. Step the left foot to the west and push the left palm for Single Whip.
- 6 Lift hands.** Sit back turn the left foot in 45\*(NW) and then shift all the weight to the left foot as you bring the right foot in and touch the heel down. Raise the right hand.
- 7 Shoulder stroke.** Relax the hands palms down, to the left. Left hand protects the chest as you step the right foot forward. Shift forward and turn the waist 45\* (NW) to the left for Shoulder Stroke.
- 8 Stork Spreads Its Wings.** Turn to the right, raise the right hand. Turn the right toes 45\* to the left. Shift all the weight to the right leg as the right hand pushes up the left hand pushes down. The left toes touch down in front (west).
- 9 Brush knee and push.** Raise the left hand, turn the waist to the right. Step with the left foot. Shift and brush the knee with the left hand and push with the right.
- 10 Play Guitar.** Right foot steps up with the toes pointing out (NM). Raise the left hand and touch the left heel down without weight.
- 11 Brush knee and push.** Roll back to the right. Raise the left hand, turn the waist to the right. Step with the left foot. Shift and brush the knee with the left hand and push with the right.
- 12 Twist step, block, and punch.** Sit back turn out the left toes 45\*, hands push down to the left. Right hand forms a punch. Twist step with the right toes turned out. Step with the left foot and punch.
- 13 Withdraw arm and close.** Turn the left palm up and sit back as you withdraw the right hand. Turn the palms forward, shift and push forward.
- 14 Cross Hands.** Sit back, and turn the waist to the front. Turn the left toes to the front. Separate the hands and bring the right foot parallel to the left. Cross the hands in front of the chest.

**15 Carry tiger to the mountain.** Raise the left hand and lower the right hand. The right foot steps to the right rear corner (Southeast), brush with the right hand and turn right hand palm out. Shift forward and push with the left hand. Turn the left toes in (east)

**16 Rollback, Press, Push.** Raise the right hand, sit back, turn to the left. The left hand circles and touches the right hand. Shift forward and Press. Separate the hands, then sit back. Shift forward and push.

**17 Diagonal single whip.** Sit back and turn to the left. The right foot turns in and the right hand makes a bird's beak. Turn back to the right as the right-hand moves towards the rear corner (E). The left foot steps to the NW. Shift and push with the left hand turn the right toes in (N).

**18 Fist under elbow.** Sit back to turn out the left toes (SE). The left hand sweeps across. Turn towards the South as the right foot touches down lightly. The right foot steps back towards the East. Sit back as the left hand comes under then up. The right hand makes a fist. The left toes point up (W).

**19 Repulse like a monkey.** Step back (E) with the left foot (pointing W). Turn the left hand palm up. Circle the right hand around to the right ear. Shift back and push with the right hand and pull with the left. Step back with the right foot. Turn the right hand palm up. Circle the left hand up. Shift back and push with the left hand and pull with the right. Step back (E) with the left foot (pointing W). Turn the left hand palm up. Circle the right hand around to the right ear. Shift back and push with the right hand and pull with the left.

**20 Diagonal flying.** Hold the ball with the left hand on top. Pick up the right foot and step to the North East extend the right hand for slanted flying.

**21 Wave hands like clouds.** The left foot steps up by the right. The left hand moves to the right hip. The left hand goes up as the right hand drops down. The left foot steps out. 1 Shift left and turn left. Step in with the right foot. Shift and turn to the right. The left hand goes up as the right hand drops down. The left foot steps out. 2 Shift left and turn left. Step in with the right foot. Shift and turn to the right. The left hand goes up as the right hand drops down. The left foot steps out. 3 Shift left and turn left.

**22 Single whip.** The right hand makes a bird's beak. With the right foot, step to the North East. Shift to the right foot and extend the bird's beak to the corner. Turn the left toes out towards the West. Shift forward to the left foot. Push with the left hand. Turn the right toes in.

**23 Snake creeps down.** Turn out the right toes. Sit back and turn the waist to the right. Circle the left hand. Sink down and point the left hand down. Turn the waist to the left and extend the left hand out like a snake.

**24 Rooster stands on one leg.** Brush with the left hand. Pick up the right foot and right hand. Press the right hand down as the right foot steps down. Pick up the left foot and left hand.

**25 Step back and kick.** Raise the right hand and step back with the left leg. Shift back, turn the waist to the left and cross the hands. Kick with the right heel. Pick up the left hand. Step back with the right foot. Shift back on to the right foot. Turn the waist to the right. Cross the hands and kick with the left heel.

**26 Brush knee and push.** Relax, step with the left foot. Brush knee with left hand and shift forward and push with the right hand.

- 27 Needle at the bottom of the sea.** As the right foot steps up, the left hand touches the right wrist. Sink down on the right leg and point down with the right hand.
- 28 Fan through the back.** Pick up the hands, pick up the left foot, step west, shift, and push through the back.
- 29 Chop opponent with fist.** Turn the left foot in. Hit with the right elbow as the left hand pushes up. Sit back on the left foot as the left hand blocks down. Step with the right foot, block with the right back-fist. Shift and push with the left hand. Punch with the right fist. Sit back and twist step with the right leg (SE) pick up the right fist. Step forward with the left foot, brush with the left hand and punch downward with the right fist.
- 30 Double handed ward off.** Sit back and hold the ball with the left hand on top. Raise the right hand and turn the waist to the left. Step with the right foot and push the ball forward.
- 31 Rollback, Press, Push.** Turn the waist to the right, and circle the right hand. Raise the right hand, sit back, turn to the left. The left hand circles and touches the right hand. Shift forward and Press. Separate the hands, then sit back. Shift forward and push.
- 32 Single whip.** Sit back turn all the way to the left, palms facing down. Hold the ball right hand on top. Shift right and turn all the way to the right. Right hand forms a bird's beak. Step to the west, shift, and push the left palm for Single Whip.
- 33 Four corners.** Sit back and turn the left toes in. Shift the weight to the left foot. Right foot twist steps to the east. Step with the left foot towards the NE. Block up with the left hand and push with the right hand. Sit back on to the right foot and Rollback. Turn the left toes in. Right foot steps to the NW shift forward as the right hand blocks the left hand pushes. Shift to the right and turn to the left. The left foot steps out to the SW. Block up with the left hand and push with the right hand. Sit back on to the right foot and Rollback. Turn the left toes in. Right foot steps to the SE shift forward as the right hand blocks the left hand pushes.
- 34 Single handed ward off.** Sit back turn the waist to the left pull down to the left. Lower the right hand, shift and turn to the right. Left foot steps to the North. Shift to the left foot. Raise the left arm and ward off. Right hand presses down and the right toes turn in 45°.
- 35 Two handed ward off.** Shift on to the left foot and turn the waist to the right, and hold the ball with the left hand on top. Raise the right hand and turn the waist to the left. Step with the right foot and push the ball forward.
- 36 Rollback, Press, Push.** Turn the waist to the right, and lower the right hand. Raise the right hand, sit back, turn to the left. The left hand circles and touches the right hand. Shift forward and Press. Separate the hands, then sit back. Shift forward and push.
- 37 Single whip.** Sit back turn all the way to the left, palms facing down. Hold the ball right hand on top. Turn all the way to the right. Right hand forms a bird's beak. Step to the west and push with the left palm for Single Whip.
- 38 Step up to Seven Stars.** Sit back and pick up the left leg. Lift the left hand, palm facing up. Extend the left foot. Shift forward with snake creeps down. Turn in the right toes and turn out the left toes. Shift the weight forward on to the left foot. Left hand forms a fist in front of the chest. Punch under the left fist with the right hand. Right foot touches down on the toes.
- 39 Retreat to ride the tiger.** Raise the left hand and step back with the right foot. Roll back. Brush with the left hand and raise the right hand. Weight on the right foot.

**40 Turn and lotus kick.** Pick up the left leg and turn to the right. Step the left foot to the south east with the toes pointing to the sw. Shift the weight on to the left foot, and Lotus kick with the right foot. The right foot comes back on the same path. Step with the right foot as both hands make fists. The left hand deflects in front of the solar plexus as the right hand comes around and hits the temple.

**41 Twist step, block, and punch.** Sit back the hands push down to the left. Right hand forms a punch. Twist step with the right toes turned out (NW). Hands block to the right. Step with the left foot (West) and punch.

**42 Withdraw arm and close.** Turn the left palm up and sit back as you withdrawal the right hand. Turn the palms forward and push.

**43 Cross Hands.** Sit back, and turn the waist to the front (N). Turn the left toes to the front (N). Separate the hands and bring the right foot parallel to the left. Cross the hands in front of the chest, right hand on outside. Separate the hands and come back up to standing as the arms lower down.