

Yang Style 108 Long Form

Created by Yang Lu Chan (*Yang Wu Di, Yang the Invincible*) Completed into its modern form by Yang Cheng-fu in the 1930's.

Wu Chi (Infinity) Posture

Part 1: Preparation

Hands Up, You Down Lion Plays With The Ball Ward Off Left

Opening - Grasp Sparrow's Tail Sequence

Ward Off Right, Rollback Press (Grasp Sparrow's Tail) Push

Transitions - Single Whip

Lift Hands White Crane Cools Wings

Forward Sequence - Brush Knee Sequence

Brush Knee Left
Play Guitar
brush knee left
Brush Knee Right
brush knee left, play guitar, brush knee left

Closing

Intercept And Punch Withdraw And Push Cross Hands

If not continuing on...

Harmonizing the Qi (optional) **Wu Chi (Infinity) Posture**

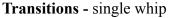


Yang Lu Chan



Part 2: **Opening - Grasp Sparrow's Tail Sequence**

Embrace Tiger Return To Mountain rollback, press, push



Fist Under Elbow Transition To Repulse Monkey

Backwards Sequence

Repulse Monkey 3X Flying Diagonal lift hands, white crane cools wings, brush knee left

Multiple Planes Sequence

Pick Up Needle From Sea Bottom Fan Through The Back Turn And Chop

Transitions - Step Up and intercept and punch step up and grasp sparrow's tail sequence, single whip

Side wards Sequence

Wave Hands Like Clouds 3X

Transitions - single whip High Pat The Horse Half Empty Step

Kick Sequence

Right Kick Left Kick Spin left kick brush knee left, brush knee right

step up and Punch Down

Turn Right and White Snake Darts Out Tongue (Right)

intercept and punch

step up and right kick

Bend The Bow And Shoot The Tiger Left

Turn and Wipe the Waist

Bend The Bow And Shoot The Tiger Right

right kick and Box The Ears

left kick

Spin right kick

Closing - intercept and punch, withdraw and push, cross hands.

If not continuing on... harmonizing the Qi (optional), Wu Chi (Infinity) Posture





Part 3: Opening - Grasp Sparrow's Tail Sequence

embrace tiger return to mountain, rollback, press, push



Transitions - single whip, lion plays with the ball

Circle and Square Patterns

Part The Wild Horse's Mane 4X **Transitions** - grasp sparrow's tail sequence, single whip Transition to fair lady weaves shuttle

Fair Lady Weaves Shuttle 4X

grasp sparrow's tail sequence, single whip wave hands like clouds 3X, single whip

Vertical Sequence

Snake Creeps Down Golden Rooster Stands On One Leg 2X

Review Sequence

Backwards Sequence - repulse monkey 3X, flying diagonal lift hands, white crane cools wings, brush knee left

Multiple Planes Sequence - pick up needle from sea bottom, fan through the back, turn and chop

Transitions - step up and intercept and punch, step up and grasp sparrow's tail sequence, single whip

Side wards Sequence - wave hands like clouds 3X

Transitions - single whip, high pat the horse

Finale

White Snake Darts Out Tongue (Left)
turn and right kick
step up and punch down
grasp sparrow's tail sequence, single whip
snake creeps down
Seven Stars
Ride the Tiger
Sweep Lotus Leg
bend the bow and shoot the tiger right



Closing - intercept and punch, withdraw and push, cross hands Harmonizing the Qi (optional)

Wu Chi (Infinity) Posture