



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.



Yang Lu Chan

Part 1: Wu Chi (Infinity) Posture **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



Part 2: Opening - Grasp Sparrow's Tail Sequence

Embrace Tiger Return To Mountain
rollback, press, push

Transitions - single whip

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