

# Yang Style 24 Form - Check List

1 Commencing	13. Right Heel Kick, Smash Right Heal
2. Part the Wild Horse Mane 3 times	14. Box/Strike the Ears Both Hands
3. Whit Crane Spreads its Wings	15. Turn Kick Left Heel Kick Birds Beak
4. Brush Knee 3 times	16. Snake Creeps Left – Pheasant Stands Left
5. Play the Guitar/Lute	17. Turn Birds Beak - Snake Creeps Right Pheasant Stand Right
6. Repulse the Monkey 4 times	18. Fair Lady Works Shuttles Right and Left
7. Grasp the Birds Tail Left	19. Pick the Needle from the Sea Bottom
8. Grasp the Birds Tai Right	20. Fan Through the Back
9. Single Whip	21. Turn Body, Deflect, Parry, and Punch
10. Wave Hands Like Clouds	22. Apparent Close
11. Single Whip	23. Cross Hands
12. High Pat on Horse	24. Closing Form
A	First Six
B	First Twelve
C	First Eighteen
D	Complete 24 Form