

## Yang Family Style 103 Form

1	Preparation	17	Embrace Tiger and Return to Mountain	55	Embrace Tiger and Return to Mountain
2	Beginning	18	Fist Under Elbow	56	Diagonal Single Whip
3	Grasp Sparrow's Tail	19 - 21	Step Back and Repulse the Monkey (3)	57 - 59	Parting Wild Horse's Mane (3)
4	Single Whip	22	Diagonal Flying	60	Grasp Sparrow's Tail
5	Raise Hands and Step Forward	23	Raise Hands and Step Forward	61	Single Whip
6	White Crane Spreads Wings	24	White Crane Spreads its Wings	62	Fair Lady Works at Shuttles
7	Brush Knee and Push – Left	25	Brush Knee and Push - Left	63	Grasp Sparrow's Tail
8	Hand Strums the Lute	26	Needle at Sea Bottom	64	Single Whip
9	Brush Knee and Push - Left	27	Fan Through the Back	65 - 67	Cloud Hands (3)
10	Brush Knee and Push - Right	28	Turn and Chop with Fist	68	Single Whip
11	Brush Knee and Push - Left	29	Step Forward, Parry, Block and Punch	69	Snake Creeps Down
12	Hand Strums the Lute	30	Step Forward and Grasp Sparrow's Tail	70	Golden Rooster Stands on One Leg, Left
13	Brush Knee and Push - Left	31	Single Whip	71	Golden Rooster Stands on One Leg, Right
14	Step Forward, Parry, Block and Punch	32 - 34	Cloud Hands (3)	72 - 74	Step Back and Repulse the Monkey (3)
15	Apparent Close Up	35	Single whip	75	Diagonal Flying
16	Cross Hands	36	High Pat on Horse	76	Raise Hands and Step Forward
		37	Right Separation Kick	77	White Crane Spreads its Wings
		38	Left Separation Kick	78	Brush Knee and Push - Left
		39	Turn Body and Left Heel Kick	79	Needle at Sea Bottom
		40	Brush Knee and Push - Left	80	Fan Through the Back
		41	Brush Knee and Push - Right	81	Turn and White Snake Spits out Tongue
		42	Step Forward and Punch Down	82	Step Forward, Parry, Block and Punch
		43	Turn and Chop with Fist	83	Step Forward and Grasp Sparrow's Tail
		44	Step Forward, Parry, Block and Punch	84	Single Whip
		45	Right Heel Kick	85 - 87	Cloud Hands (3)
		46	Strike Tiger on Left	88	Single Whip
		47	Strike Tiger on Right	89	High Pat On Horse with Palm Thrust
		48	Turn and Right Heel Kick	90	Cross Kick
		49	Twin Fists Strike Opponents Ears	91	Step Forward and Punch Groin
		50	Left Heel Kick	92	Step Forward and Grasp Sparrow's Tail
		51	Turn and Right Heel Kick	93	Single Whip
		52	Step Forward, Parry, Block and Punch	94	Snake Creeps Down
		53	Apparent Close Up	95	Step Forward to the Seven Stars
		54	Cross Hands	96	Step Back and Ride the Tiger
				97	Turn Body and Swing Over Lotus
				98	Bend the Bow and Shoot the Tiger
				99	Step Forward, Parry, Block and Punch
				100	Apparent Close Up
				101	Cross Hands
				102	Closing
				103	Return to Normal

