

The Yang Style Traditional 103 Posture Form

Section One

1. Preparation
2. Beginning
3. Grasp the Bird's Tail
 - a. Ward Off Left
 - b. Ward Off Right
 - c. Roll Back
 - d. Press
 - e. Push
4. Single Whip
5. Lifting Hands
6. Crane Spreads Its Wings
7. Brush Left Knee
8. Hand Strums the Lute
9. Brush Left Knee
10. Brush Right Knee
11. Brush Left Knee
12. Hand Strums the Lute
13. Brush Left Knee
14. Deflect, Parry, and Punch
15. Apparent Closing
16. Cross Hands

Section Two

17. Embrace Tiger, Return to Mountain
18. Fist Under Elbow
19. Repulse Monkey, Left
20. Repulse Monkey, Right
21. Repulse Monkey, Left
22. Diagonal Slant Flying
23. Lifting Hands
24. Crane Spreads Wings
25. Brush Knee Left
26. Needle at Sea Bottom
27. Fan Through Back
28. Turn and Chop with Fist
29. Deflect, Parry, and Punch
30. Step forward & Grasp The Bird's Tail
31. Single Whip
32. Wave Hands Like Clouds (1)
33. Wave Hands Like Clouds (2)
34. Wave Hands Like Clouds (3)
35. Single Whip
36. High Pat on Horse
37. Right Separation Kick
38. Left Separation Kick
39. Turn and Kick with Left Heel
40. Brush Knee Left
41. Brush Knee Right
42. Step forward and Punch to Opponent's Knee
43. Turn and Chop with Fist
44. Deflect, Parry, and Punch
45. Kick with Right Heel
46. Strike Tiger, Left
47. Strike Tiger, Right
48. Kick with Left Heel
49. Strike Opponent's Ears
50. Kick with Right Heel
51. Turn Body and Kick with Left Heel
52. Parry, Block and Punch
53. Apparent Closing

54. Cross Hands

Section Three

55. Embrace Tiger, Return to Mountain
56. Diagonal Single Whip
57. Part the Horse's Mane, Right
58. Part the Horse's Mane, Left
59. Part the Horse's Mane, Right
60. Grasp the Bird's Tail
61. Single Whip
62. Fair Lady Works Shuttles
63. Grasp the Bird's Tail
64. Single Whip
65. Wave Hands Like Clouds (1)
66. Wave Hands Like Clouds (2)
67. Wave Hands Like Clouds (3)
68. Single Whip
69. Snake Creeps Down
70. Rooster Stands on Left Leg
71. Rooster Stands on Right Leg
72. Repulse Monkey, Left
73. Repulse Monkey, Right
74. Repulse Monkey, Left
75. Diagonal Slant Flying
76. Lifting Hands
77. Brush Knee Left
78. Crane Spreads Wings
79. Needle at Sea Bottom
80. Fan Through Back
81. Snake Spits Out Tongue
82. Parry, Block and Punch
83. Grasp the Bird's Tail
84. Single Whip
85. Wave Hands Like Clouds (1)
86. Wave Hands Like Clouds (2)
87. Wave Hands Like Clouds (3)
88. Single Whip
89. High Pat on Horse
90. Thrust with Left Palm
91. Turn Body and Cross Kick
92. Punch to Opponent's Groin
93. Grasp the Bird's Tail
94. Single Whip
95. Snake Creeps Down
96. Step Up to Seven Stars
97. Step Back and Ride Tiger
98. Lotus Kick
99. Bend the Bow & Shoot the Tiger
100. Parry, Block and Punch
101. Apparent Closing
102. Cross Hands
103. Closing