

**Yang Long Form—Section One**  
**Simple cues**

**Opening Movement (facing front)**

**Lift hands up**  
**Lower palms down**

**Ward Off Right**

**Open Right hand**  
**Pivot on right heel**

**Ward Off Left**

**Round Left arm**  
**Step Left** (to the side with the Left foot)  
**Right hand pushes down as the Left hand comes up,**  
**then bend the knees.**

**Grasping The Bird's Tail**

**Left hand faces down**  
**Scoop the Right foot forward** (Right hand palm up, Left hand palm down)  
**Turn hands over and sit back**  
**Loop** (Left hand)  
**Press** (Left hand on wrist and press)  
**Withdraw and push**

**Single Whip**

**Sit back**  
**Guard the face**  
**Pull Right toe in (pigeon-toed)**  
**round arms**  
**Turn face & chest** (to Right)  
**Lift the bird's beak**  
**Shift weight** (Right)  
**Lift Left knee**  
**Step** (Left)  
**Bend knee as hand comes down** (facing Left side wall)

**Close Hands**

**Foot adjustment** (Left)  
**Touch with Right heel**  
**AS Left hand comes near Right elbow**

### **White Crane Part One**

Drop the Left hand, then circle Left fingers up / Right fingers down  
Lift the Right knee and bring arms closer in)

### **WC Part Two**

Step Right foot to the side  
Shift weight

### **WC Part Three**

Drop the Left hand down the centerline of the body  
Lift the Right hand with fingertips up the centerline of the body  
Touch with the Left toe and Right hand rotates and lifts high

### **Transition**

Right hand reaches to front  
Turn Left hand palm up, look at it the upturned Left hand as you raise the Left hand, arm is gently curved, fingertips are facing up

### **Brush Knee**

Left arm across body to right  
Step (L), Right hand to ear  
Sweep (L arm) and Aim (R hand)  
Bend L leg) and Push (R hand)  
Empty Step (shift all weight on Left, lift Right foot slightly)

### **Play the Guitar**

Step back onto Right foot,  
Lift the Left hand and Left toe (Left heel on floor) Bring Left foot in  
Close hands-Left hand at shoulder level right hand slightly inside the Left elbow

### **Three Brush Knees**

### **Empty Step/play the guitar**

### **Brush knee**

### **Strike, Parry, and Punch**

Turn out the Left foot, Left hand is open, Right hand makes a fist  
Circle to the Left both hands and the Right leg from the hip  
Put down the Right leg-as you pull back the Right fist  
Bring the Left foot and Left hand out-shoulder level to parry  
Right fist comes out shift weight onto Left foot, plie to punch

### **Retreat & Seal, push**

Right fist moves Left across the body at shoulder level  
Left hand is palm up and moves right across the body under the Right elbow  
Right fist opens palm facing up, pull hands a part  
Drop hands palm down to the hips and push up and away

### **Circle arms, Crossing wrists**

**Face front**