

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