

YANG 24 STEP

- 1) BEGINNING
- 2) PART THE WILD HORSE'S MANE X 3
- 3) WHITE CRANE SPREADS ITS WINGS
- 4) BRUSH KNEE TWIST STEP X 3
- 5) PLAY THE LUTE
- 6) REPULSE THE MONKEY X 4
- 7) LEFT GRASP THE SPARROW'S TAIL Peng, Lu, Ji, An
- 8) RIGHT GRASP THE SPARROW'S TAIL Peng, Lu, Ji, An
- 9) SINGLE WHIP
- 10) CLOUD HANDS
- 11) SINGLE WHIP
- 12) HIGH PAT ON HORSE
- 13) RIGHT HEEL KICK
- 14) STRIKE TO EARS WITH BOTH FISTS
- 15) TURN BODY AND LEFT HEEL KICK
- 16) SNAKE CREEPS DOWN, GOLDEN ROOSTER STANDS ON LEFT LEG
- 17) SNAKE CREEPS DOWN, GOLDEN ROOSTER STANDS ON RIGHT LEG
- 18) FAIR LADY WORKS THE SHUTTLES
- 19) NEEDLE AT SEA BOTTOM
- 20) FAN THROUGH BACK
- 21) STEP FORWARD, PARRY BLOCK AND PUNCH
- 22) APPARENT CLOSE AND PUSH
- 23) CROSS HANDS
- 24) CLOSING

- 1) Qishi 2) Yema Fenzong 3) Baihe Liangchi
- 4) Louxi Aobu 5) Shouhui Pipa 6) Doanian Hou
- 7) Zuolan Quewei 8) Youlan Quewei 9) Danbian
- 10) Yunshou 11) Danbian 12) Gaotan Ma
- 13) You Dengjiao 14) Shuangfeng Guaner
- 15) Zhuanshen Zuo Dengjiao
- 16) Xia Shi, Zuo Jin Ji Du Li 17) Xia Shi, You Jin Ji Du Li
- 18) Yu Nu Chuansuo 19) Haidizhen 20) Shan Tong Bei
- 21) Jin Bu Ban Lan Chui 22) Rufeng Sibi 23) Shi Zi Shou
- 24) Shoushi

Note: There are many different translations for the above 24 moves.