

Simplified Yang Style 24 Form

Part	Form No.	Name of Form	Description of Form	Chinese Form Name
I				
	1	Commencing Form	Step to the left, raise both hands, and then lower both hands keeping elbows slightly bent while bending knees, but keeping upper body straight	起势
	2	Wild Horse Shakes Its Mane	Move hands into a holding ball position with right hand up and left hand down, then step to left & move left hand forward and up, while bringing right hand back & down Repeat above motion but with right and left switched Repeat above motion and with right and left switched again	野马分鬃
	3	White Crane Spreads Its Wings	Take half step forward with right foot, and bring right hand slightly to the left and then up and across your body, and bring left hand down and across your body, and tippie toes with left foot	白鹤亮翅
	4	Brush Knee and Step Forward	(1) Bring right hand down & across your body, strike to the face with left hand, then do a brush-knee block with left hand in front of left knee while taking half step forward with left foot, & strike forward with right palm. (2) Bring right hand to the left and down by brushing right knee with right hand while stepping forward with right foot, & strike forward with left palm. (3) Brush left knee with left hand while stepping forward with left foot, & strike forward with right palm.	搂膝拗步
	5	Play the Pipa	Take half step forward with right foot, raise left hand forward and up and right hand below and behind left hand, and lean back slightly with left heel on ground	手挥琵琶
	6	Step Back and Repulse Monkey	Bring right arm back, then move left leg and left arm back and move right arm forward Bring right leg and right arm back, then move left arm forward Bring left leg and left arm back, then move right arm forward Bring right leg and right arm back, then move left arm forward	倒卷肱
II				
	7	Grasp the Sparrow's Tail - Left Side	Ward off (peng): From ball position, move left hand forward & right hand back Roll back (lu): Bring right hand forward & up, then bring both hands back Press (ji): Bring right hand behind left hand at wrist & press forward with both hands Push (an): Bring both hands back & push slightly down, then push both hands forward	揽雀尾 (棚) (捋) (挤) (按)
	8	Grasp the Sparrow's Tail - Right Side	Ward off (peng): From ball position, move right hand forward & left hand back Roll back (lu): Bring left hand forward & up, then bring both hands back Press (ji): Bring left hand behind right hand at wrist & press forward with both hands Push (an): Bring both hands back & push slightly down, then push both hands forward	揽雀尾 (棚) (捋) (挤) (按)
	9	Single Whip	Wave hand like clouds once, hook right hand, and strike to the left with left hand	单鞭
	10	Wave Hands Like Clouds	Move left hand counterclockwise and right hand clockwise, and step to the left. Repeat cycle 3 times	云手
	11	Single Whip	Hook right hand, and strike to the left with left hand	单鞭

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III				
	12	Stroke the Horse's Back	Take half step forward with right foot, pull left hand back, and strike with right hand and tippy toe on left foot	高探马 右蹬脚
	13	Kick with Right Heel	Step slightly to left and turn body slightly to right side, cross and separate hands at face, kick with right heel, right arm in front and left arm in back	
	14	Strike Opponent's Ears with Both Fists	Bring right hand and right foot back, step forward with right foot while bringing both hands down and then up and forward to strike the opponent's ears	双峰贯耳
	15	Kick with Left Heel	Turn, cross and separate hands at face, kick with left heel, left arm in front and right arm in back	转身左蹬脚
	16	Push Down & Stand on One Leg - Left Leg	Squat down with weight on right foot, push left hand straight down and then forward along the floor, then shift	下势独立
	17	Push Down & Stand on One Leg - Right Leg	Squat down with weight on left foot, push right hand straight down and then forward along the floor, then shift weight to right foot, and stand on right foot while bringing left leg and left arm up	下势独立
IV				
	18	Fair Lady Works the Shuttles	Go into holding ball position facing front, and turn to right and block upward with right forearm and strike with left palm. Then go into holding ball position, and turn to left and block upward with left forearm and strike with right palm	左右穿梭
	19	Picking Up Needle from Bottom of the Ocean	Bring right hand down and back while bringing left hand to right shoulder and downward block to left, then bring right hand overhead and down in front of body while bending both legs and keeping upper body straight	海底针
	20	Unfolding Arms Like a Fan	Turn body to right side, bring right arm up to block and front strike with left hand	闪通背
	21	Turn, Deflect Downward, Parry and Punch	Turn, bring right arm down and up into a back-fist strike, then step forward with left foot, parry with left hand, and punch with right hand	转身搬拦捶
	22	Cross Block and Push	Bring both hands up and down and then push forward	如封似闭
	23	Cross Hands	Turn to right and bring right hand to the right while pivoting to the right, then bring both hands down and up while leaning upper body slightly forward, and simultaneously bring right foot partially to the left	十字手
	24	Closing Form	Bring both hands up, then down, and bring left foot next to right foot to close	收势

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