



Yang Style: 1st Half

Postures 1-9

Your first attempt at the form, with the focus on the beginning 9 postures. Work on your transitions and making the form flow.

Postures 1-9

List:

1. Preparation, Facing North
2. Part the Wild Horse's Mane LEFT, RIGHT, LEFT
3. Step forward, White Crane Spreads Its Wings
4. Brush Knee, LEFT, RIGHT, LEFT
5. Step forward, Play Guitar
6. Repulse the Monkey, LEFT, RIGHT, LEFT, RIGHT
7. Left Ward Off, Grasp the Bird's Tail, Rollback, Seal and Push Chi
8. Turn East, Right Ward Off, Grasp the Bird's Tail, Rollback, Seal and Push Chi
9. Single Whip to West

Homework:

As you practice, try to add one move at a time. In other words, do preparation. Then do preparation and part the wild horses mane. Then do preparation, part the wild horses mane and white crane spreads its wings. You get the picture. Keep up your 20 minute/day habit.