



Yang Style: 2nd Half

Postures 10-24

**Progression through the form, with the focus on the final postures.
Just like last time, work on your transitions and making the form
flow.**

Postures 10-24

List:

10. Wave Hands Like Clouds, 3 times
11. Single Whip to West
12. High Pat on Horse
13. Gather, Right Heel Kick
14. Strike to Ears with Both Fists
15. Turn Counter Clockwise and Left Heel Kick
16. Left Snake Creeps, Pheasant stands
17. Right Snake Creeps, Pheasant stands
18. Step forward, Fair Lady Works with Shuttles,
RIGHT and LEFT
19. Pick up the Needle at Sea Bottom
20. Fan Through Back
21. Turn West, Deflect, Intercept, and Punch
22. Withdraw and Pushing Chi
23. Return the Tiger to the Mountain, Wu Chi
24. Closing

Homework:

Use your practice time this week to just work on the second half of the form. Don't worry about the first half.