Yang style form, left side

Starting position (wu chi)
- Stand with your feet hip width distance.
- Begin to sit and stop (relaxes the hips and bends the knees slightly)
- Tongue to the roof of the mouth
- Arms held loosely by your side with space under the arms.

Sitting on a high stool, tongue to the roof of the mouth
Opening sequence (Shoulders/elbows/wrists)

- Slowly get the shoulders to raise your arms to just below shoulder height (slight bend in the elbows, hands totally relaxed held by the wrists).
- Elbows bend to bring the hands closer to the body but either side of the body and maintaining their height.
- When the elbows have reached the side of the body, the elbows and wrists relax and allow the hands to sink to about hip height.
Double swivel

- Put your weight on your **left** leg
- Relax the right leg, lift the right heel and swivel on the right ball of the foot to the right as far as is comfortable. Then put your weight on your right leg.

Swivel left on your left heel while moving the hands into holding the ball with the **left** hand on the bottom of the ball.

*Weight on left leg*  
*Swivel on right ball of the foot*

*Weight on the right leg*  
*Swivel left heel, hold ball left hand on the bottom*
Stroking the peacock's tail into holding the ball to the left and then to the right

- **Left** Lift the left foot and bring it closer to you.
- Start stroking the peacock's tail by gradually putting weight on the left foot which is doing a diagonal step. At the same time the right hand is placed at the left shoulder, after which the shoulders separate the elbows as the right hand is moved down the left arm.
- When the hands are above each other, the left hand moves up and right hand turns towards the body to form a ball left hand over right.
- The weight does not go fully onto your left foot until you are holding the ball.
- **Right** You then relax the right leg, lift it and place the right heel to make a diagonal step (close to the left heel and not too far forward).
- The left hand is placed at the right shoulder. Then the shoulders separate the elbows as the left hand is moved down the right arm while slowly putting your weight on the right foot.
- When the hands are above each other, they change position to form a ball right hand over left.
- The weight does not go fully on the right foot until you are holding the ball.

*Right hand to left shoulder*  *Left Diagonal step*
Holding ball left right over left

Left hand to right shoulder

Right diagonal step

Holding ball left over right
Ward off or looking in the mirror

- You relax the left leg and do a straight step with the left foot while your **left** hand is slowly arched upwards to face you like a mirror and your **right** elbow and wrist place your right hand facing away from you and nearer your body.
- The left and right hands are not in the same plane and the left hand is further away from you.

Out right

- Swivel the right heel so that the toes of both feet are further apart.
- Let the shoulders drop the arms, the waist turns right and then the shoulders lift the arms up again while the weight is shifting from your left leg to your right leg.
- The weight is transferred back to the left leg as the left elbow bends, the left wrist rotates towards the body and the right elbow and wrist are directing the right hand in towards the left elbow.
- Both wrists turn the hands towards the ground and the right wrist sits on top of the left elbow.
The right shoulder and elbow move the right hand out along the left lower arm to meet the left hand as the weight is being transferred from the left leg to the right leg.

Bend the elbows to bring the hands in closer to the body, rotate the waist so the body is facing the front, push the elbows out in front of you and let the elbows float the hands down to a horizontal position as you move your weight from your right leg to your left leg.

*Shoulders drop arms*  
*Waist turns right*  

*Shoulders pick arms up again*  
*Right hand in towards left elbow*
Right wrist on top of left elbow
Arms uncrossed

Elbows bring hands into body
Wrists floating the hands forward
Wrist float the hands down
Single Whip

- Weight is put on your right leg as the left toe lifts up
- Swivel on the left heel to change direction 90 degrees to the right. Place your weight on your left leg releasing the right heel and resting the right leg on the ball of the foot.
- Left hand forms the beak, right elbow brings the right hand up along the body until the fingers are facing the ceiling. Lift the right leg and place the right heel right and a little forward as you rotate the right wrist.
- Gradually put weight on the right leg as the right elbow lowers the right hand down to just short of being directly out from the elbow.
- Swivel the left foot in.

*Weight on right leg, lift up left toe*          *Weight on the left leg, ball left over right, right leg resting on the ball of the foot*
Left hand forms the beak
Right elbow lifts the hand up

Right wrist turns hand, right heel down
Weight on right leg, elbow floats hand down
Swivel the left foot in to a diagonal step
Playing the lute

- Swivel the left foot out again.
- Put your weight on your left leg while placing your hands either side of your head and looking forward.
- Swivel the right foot so that it is facing forward like the left foot.
- When both feet are facing the same direction, move your weight from your left leg to your right leg while bringing your arms down in an arc to play the lute on the left (right hand is positioned half way down the forearm of the left arm)
- Relax the left leg, lift up the left heel, lift up the left leg with your hip as the arms move up at the same time. The left hip then lowers the left foot as the arms lower at the same time with the left foot landing on the heel.
Preparing to play the lute on the left
Roll the left foot onto the ball, start to lift hands

Hip lifts the foot, elbows lift the hands
Hip lands foot on the heel, Elbows lower hands
**White crane flaps it's wings**

- Relax the shoulders and drop the arms by your side.
- Swivel on the left heel to the right as far as is comfortable and then put your weight on your left leg. Swivel on your right heel 90 degrees to the right and put your weight on your right leg as you hold the ball right over left.
- Bring your left foot parallel to your right foot.
- Gradually put your weight on your left leg and you move your left hand up and your right hand down followed by your right toe resting on the ball of the foot.

Swivel the left foot to the right, relax arms  
Put your weight onto your left leg
Swivel the right foot 90 degrees

Weight on the right leg, hold ball left hand on bottom

Left leg parallel to right leg

Weight on left leg, left hand up, right hand down,
right foot resting on the ball of the foot
Parry and Punch

- Place the left hand with palm facing the ground in front of the dantian followed by bringing the right hand out to the right and then placing it above the left hand at the dantian.
- Left wrist turns the left hand so that the palm faces the ceiling initially as the left hand is floated out to the left and parallel to the left shoulder.
- Next lift the right ball of the foot and place the right heel on the floor.
- Gradually transfer weight onto the right foot (finish the step) as the following hand movements take place. The right hand floats to the right side at hip level as the left elbow brings the left hand in closer to the body but on a line parallel to the left shoulder and then the left wrist lifts the hand so that the fingers are facing upwards before the left hand is floated forwards. Both the right and left hand movements finish at the same time.

Left hand to the dantian                                   Right hand to the dantian, above the left hand
Left hand out

Right ball becomes a heel

Finish the step, left hand in and forward,
right hand down to side, weight on right leg
Playing the lute on the right

- All the weight goes onto the right foot so that the left foot can go up onto it’s toe as the left arm is floated upwards.
- The weight is then transferred from the right foot to the left foot which takes up a diagonal position with the right foot resting on the ball of the foot (up on the toe, back down on the diagonal). While the weight is being transferred from the right to the left foot, the left hand comes down to prepare to play the loot on the right (it rests roughly halfway down the forearm of the right arm).
- Relax the right leg, lift up the right heel, lift up the right leg with your hip as the arms move up at the same time. The right hip then lowers the right foot as the arms lower at the same time with the right foot landing on the heel.

Connecting move

- Both hands come to the dantian, right hand on top of left.
- Left hand is floated out to the left parallel to the left shoulder. Weight is transferred onto the right foot as the right hand floats to the side and the left hand is drawn in parallel to the shoulder and then floated forward.

Two forward steps

- Left hand to the dantian, right hand is floated out to the right.
- Relax the left leg, lift it and place it forward for a left forward step with the heel on the floor. Gradually transfer the weight onto the left foot as the left hand sweeps to the side and right hand is floated in towards the right shoulder and then forwards. (Left in, right out, left forward step)
- Right hand is placed at the dantian, left hand is floated out to the left of the left shoulder.
- Relax the right leg, lift it and place the heel down on the floor.
- Transfer the weight on the right foot (right forward step) as the right hand floats to the right side and the left hand is floated towards the left shoulder and then forward.

Playing the lute on the right

- All the weight goes onto the right foot so that the left foot can go up onto it’s toe as the left arm is floated upwards.
- The weight is then transferred from the right foot to the left foot which takes up a diagonal position with the right foot resting on the ball of the foot (up on the toe, back down on the diagonal). While the weight is being transferred from the right to the left foot, the left hand comes down to prepare to play the loot on the right (it rests roughly halfway down the forearm of the right arm).
- Relax the right leg, lift up the right heel, lift up the right leg with your hip as the arms move up at the same time. The right hip then lowers the right foot as the arms lower at the same time with the right foot landing on the heel.

Releasing the fist

- Left hand drops to in front of right leg and forms a tai chi fist protected by the right hand.
- Left foot does a twisted step on the left and slightly forward.
- Waist turns left bringing the arms with it.
- Right forward step as right hand moves away and left fist is released downwards.
**Brush Sleeve**
- Weight back onto the left foot as right hand starts beyond left elbow and moves all along the left lower arm towards the left hand and then both hands face the body.
- Weight back onto the right foot as the arms turn to face away from the body and the elbows float the hands down.

**Holding the tiger**
- Weight back onto the left foot as the right foot rests on the heel.
- Swivel the right foot towards the left.
- Transfer the weight from the left to the right foot as the elbows bend so that the fingers point to the ceiling and the left heel is released so the left foot is resting on the ball of the foot.
- Arms are turned towards the body and the hands start to scan the body from the head to the hips.
- When the hands have reached the hips, the left foot is placed parallel to the right foot and weight is distributed between both feet.
- The hands come to hold the tiger, left hand underneath as the body rises out of wu chi but still keeps the knees slightly bent.