

24-Posture Beijing Yang National Form

1. Opening raise hands
2. Part wild horses mane (step left) x3
3. White crane (left leg forward)
4. Brush knee (left leg, right, left) x3
5. Play guitar
6. Repulse monkey x4
7. Grasp sparrow's tail (stepping forward left foot)
8. Grasp sparrow's tail (180 degree turn around)
9. Single whip
10. Cloud hands (to the left) x3
11. Single whip
12. High pat on horse
13. Kick right (stepping to left corner)
14. Box ears
15. Kick left (turning to left – now facing to rear)
16. Snake creeps down (stepping back in line right leg squat)
17. Golden rooster (on left leg)
18. Snake creeps down (left leg squat – facing forward – pivot on left foot, right leg in line)
19. Golden rooster (on right leg)
20. Fair lady (step to left corner then step right leg forward to back corner)
21. Fair lady (left leg forward to front corner)
22. Needle at sea bottom (come up on left and sink back into right leg)
23. Fan through back (facing back, left leg forward)
24. Turn around, deflect downward, intercept and punch – push and close



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