

16-posture Yang Form

Prepare

1. Beginning
2. Cloud Hands
3. Single Whip
4. Fist Under Elbow
5. White Crane Spreads Wings
6. Left Brush Knee and Push
7. Hand Strums The Lute
8. Repulse Monkey
9. Left Strike Tiger
10. Parting Wild Horse's Mane
11. Punch Groin
12. White Snake Spits Out Tongue
13. Parry, Block and Punch
14. Grasp Bird's Tail
15. Cross Hands
16. Closing

Here is Yang Jun and the 16 posture form:

<https://www.youtube.com/watch?v=gb5cce-gF3Q&index=39&list=PL1D141BEE25FA055D>