

Yang Style 8 Step Form

Opening –

bow in – hands to the side *inhale- exhale*

Step to the left – shift weight to the right leg *inhale* and lift left foot in a purposeful manner and land on your toe

The step should be approx.. shoulder width and in alignment with your right foot... soft knee at all times *exhale*

introduction both arm rises to shoulder height with fingers trailing.. arms should be body width *inhale* Start to descend as your knees fold and your arms go down with finger trailing, complete movement with hand as low as you can take it. *exhale*

Relax hands and let finger face down, as your hand comes up and straightening your knee.. maintain soft knee. And keep your elbow slightly bent tucked under. Hands should be slightly lower than your shoulder with elbow breast height - *Inhale*

Repulse the Monkey right side, turnover right hand *exhale* and let drop slowly to the side of your leg... your left hand should turn over at this time.. right hand travels back to your right back corner.. “W” position *Inhale*

Your eyes should be following your right hand throughout the movement.

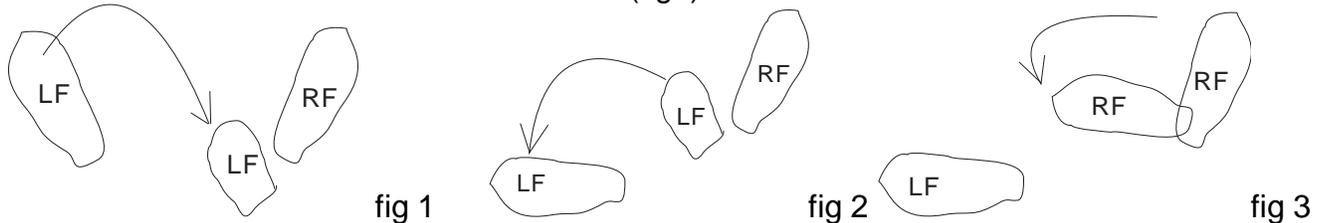
Turn your head to the front and slowly bring your right hand by your ear flat toward your left hand with palm up comes in to meet the right hand and create “chi”. *Exhale*

Repulse the Monkey left side left hand should be traveling towards your body as “chi” was created.. as it approaches the side of your body, the hand falls , right hand turn over palm up and left hand scoops upward to create a “W” position *Inhale*

Turn head to front then Left hand travels by your ear – and meets up with right hand creating “chi”

Brush Knee Push Twist Step left side – when both hands are in front.... transfer weight to right leg, Simultaneously, Right hand slowly falls at which point lift up left foot into cat stance toe near the heel of other foot (fig1). Right hand continues to scoop up to shoulder height, “L” position. Left foot steps side and back.

(fig 2) right hand sweeps by ear and push to center as the body turns to the left and right foot rotate counter-clockwise on heel toward left (fig3)



Brush Knee Push twist Step right side - Left hand should be at your left side pressing down, right hand is in the push position at about center body opposite the heart, elbow bent. Shift weight to right side and rotate on left heel clockwise...(when facing N) the left hand is turning outwards (palm facing NW) and rising in an arc upwards, simultaneously, right foot should go into cat stance in back of the left heel. When hand is shoulder height. right foot step side to the back, right hand brushes knee and left hand sweeps by the ear and pushes to the center of the body, adjust left foot towards the right.

Note: cat stance foot maybe placed further back of the supporting foot for comfort and relieve pressure on the knee

Parting the Wild Horse's Mane left side, shift weight to left side and rotate c-clockwise to the front as you hold a large ball in front of you, left hand on bottom, left foot cat stance, step side to the back to the left and, hands brush in opposite direction and create "chi" as you turn your body to the left. Left hand is flat and palm up shoulder height, right hand press downwards. Remember to adjust right foot.

Parting the Wild Horse's Mane right side, shift weight to right and rotate on left heel clockwise, as you hold the big ball right hand on the bottom. Immediately after you are facing front, right foot cat stance, as you step side to the back create "chi" right hand is flat and palm up shoulder height

Wave hands Like the Clouds right side, Posture starts from Parting the Wild Horses Mane on the right side (facing EAST)

- a. (*switch hands*) Turn the right palm outward, and raise the left hand coming up in front of right hand creating "chi", palm facing you in horizontal position. Lower right hand into scoop.
 - b. Rotate the waist to the left side (left hand is the cloud) the left hand at lower eye level, palm facing you and watch as it goes across center of body to the left fingers following, right hand should be in scooping position but stationary, adjust footing by rotating on your heel shifting weight back and forth. Hands should not be moving the body at the waist should be rotating, c-clockwise. At mid-point (NORTH) the scoop hand should travel in a upward toward the left hand. Turn left palm outwards and create "chi". (NW corner)
 - c. (*switch hands*) Turn the Drop the left arm and left hand becomes the scoop. (NW corner) Right hand is now the cloud
 - d. Rotate the waist to the right side (as the right hand at eye level palm facing you and goes across center of body to the right) palm should be facing you
 - e. *note Scooping hand should be in place before turning your body, and at mid point scooping hand travels upward to the cloud hand when at (NE corner)
2. Shift the weight to the right leg (as you approach Northeast corner, **left foot steps beside the right foot**. Feet are together (you are facing NORTHEAST corner)
- a. (*switch hands*) Turn the right palm outward, and raise the left hand coming up in front of right hand creating "chi", palm facing you in horizontal position. Lower right hand into scoop.
 - b. Rotate the waist to the left side (left hand is the cloud) the left hand at lower eye level, palm facing you and watch as it goes across center of body to the left fingers following, right hand should be in scooping position but stationary, adjust footing by rotating on your heel shifting weight back and forth. Hands should not be moving the body at the waist should be rotating, c-clockwise. At mid-point (NORTH) the scoop hand should travel in a upward toward the left hand. Turn left palm outwards and create "chi". (NW corner)
 - c. Shift the weight to the left leg. **Step the right foot to the right side**. Feet are apart (you are facing NW corner)

- d. (*switch hands*) Turn the left palm out the left arm and raise the right hand (create “chi”)
 - e. Rotate the waist to the right side (as the right hand goes across center of body to the right) palm should be facing you
 - f. (*switch hands*) Drop the right arm and raise the left. (You are facing NORTHEAST corner)
 - g. Rotate the waist to the left side (as the left hand goes across center of body to the left) palm should be facing you
3. Shift the weight to the right leg, **step the right foot to the left side** Feet are together (facing WEST)
 - a. (*switch hands*) Drop the left arm and raise the right
 - b. Rotate the waist to the right side (as the right hand goes across center of body to the right) palm should be facing you
 4. Shift the weight to the right leg, **step the left foot to the left side.** Feet are apart (facing EAST)
 - a. (*switch hands*) Drop the right arm and raise the left
 - b. Rotate the waist to the left side (as the left hand goes across center of body to the left) palm should be facing you
 - c. (*switch hands*) Drop the left arm and raise the right(facing WEST)
 - d. Rotate the waist to the right side (as the right hand goes across center of body to the right) palm should be facing you
 - e. (*switch hands*) Drop the right arm and raise the left. (facing EAST)
 - f. Rotate the waist to the center prepare for roster posture (facing North)

Golden Rooster Stands on One Leg right, Shift weight to the left side and bring up the right knee to right angle with the floor, relax foot, let it hang toe down. Simultaneously right hand sweeps up, hand in front of your face with thumb and forefinger in “U” position, position hand to look through the “U” Left hand should be pressing down. Place right foot down.

Golden Rooster Stands on One Leg left

Shift weight to the right and lift left knee to right angle with the floor relax foot, let it hang toe down. Simultaneously left hand sweeps up hand in front of your face with thumb and forefinger in “U” position, position hand to look through the “U” Right hand should be pressing down. Place left foot down

Kick Right Foot, turn body to right front corner, arms and hand scoop up, cross hands with right hand in back of right, lift right foot slowly kick, purposefully place right foot down, with arms and hands spread out above shoulder.

Kick Left Foot, turn body to face front, as you scoop up turn body to left corner, cross hands with left hand in back of right hand. Shift weight to right side and lift left foot to kick, bring down purposefully.

While both hands and arm are spread out above shoulder.

Grasping the Sparrow’s tail, Press and Push right side, hold big ball in front of you (right hand on the bottom) as you rotate at the waist to the right, when you are facing the corner, your left hand comes down toward your right forearm and right hand upwards pivoting at the elbows, do not let left hand touch the forearm. (playing the Lute)

Continue to turn body towards angle. Adjusting your feet as you proceed (on your heel) right hand should be head height with palm facing you. Turn palm away at the wrist as you stretch away only the hand and arms. Both hands slowly travels down and towards the belly, at which point left hand moves toward the left side upwards cupping the fingers downward arm bends at elbow 90d , hands at wrist 90d. simultaneously right hand travels up to your heart. Ward off , left hand comes to the right wrist, right hand and arm is horizontal as you push away. Pull back both hands together with palms down. Bending a both elbows. Both palms facing away from you, push slowly down and up and poke with fingers forward.

Rotating on your heels turn c-clockwise, turn to front as you hold the big ball

Grasping the Sparrow's tail, Press and Push left side, repeat previous posture reversed

Closing after pushing to the left (palms out ward vertically rotate body to the right (clockwise) pivoting on left foot heel face forward, scoop up with both hands and cross hands at wrist with left hand in front of right, adjust right foot to align with left foot bring it have way to the left. Both hands press down in front of your body. Hands to the side. Close right foot to left, bow out.
Cleansing breath