

THE NAMES OF THE POSTURES: OLD YANG STYLE OF YANG LU-CH'AN

- 1/. Grasp Swallow's Tail: Beginning, Arm Left, Block Right, P'eng, Block Left, Double P'eng, Roll back, Chee, 2nd Chee, Sit Back Ready, Press.
- 2/. Sit Back ready. Snake Fingers To Eyes.
- 3/. Fishes In eight.
- 4/. Single Whip
- 5/. Pierce to rear.
- 6/. Double Dragon Hands
- 7/. Reverse Dragon hands
- 8/. Lift Hands
- 9/. Roll Back
- 10/. Shoulder Press,
- 11/. Stork Spreads Wings
- 12/. Spread the weave
- 13/. Spread the weave
- 14/. Brush Knee twist Step
- 15/. Play Pipa
- 16/. B.K.T.S. (Brush Knee & twist Step)
- 17/. B.K.T.S.
- 18/. Play Pipa
- 19/. B.K.T.S.
- 20/. Step forward, parry & punch
- 21/. Sit Back
- 22/. Squeeze
- 23/. Sit Back
- 24/. Cross Hands

FINISH FIRST THIRD

- 25/. B.K.T.S.
- 26/. Spread The Weave
- 27/. Embrace Tiger Return To Mountain
- 28/. Grasp Swallow's tail (5 moves)
- 29/. Guard The House
- 30/. Fist Under Elbows (Both elbows)
- 31/. **Tripping** Repulse Monkey X 5
- 32/. Spear through the armour
- 33/. Wrapping The Willow Tree
- 34/. Middle Winding

- 35/. Parting Horse's Mane
- 36/. Pierce to rear.
- 37/. Double Dragon Hands
- 38/. Reverse Dragon hands
- 39/. Lift Hands
- 40/. Roll Back
- 41/. Shoulder,
- 42/. Stork, Different (This is done differently to the normal way that it is done in the Yang Cheng-fu form.)
- 43/. Spread The weave
- 44/. Spread The Weave
- 45/. BKTS
- 46/. Needle At Sea Bottom
- 47/. Fan Thru Back
- 48/. Turn Around & Lock Wrist, Attack to No.3
- 49/. Step Forward, Parry & Penetration Punch
- 50/. Press The Points
- 51/. Chee,
- 52/. Chee 2nd
- 53/. Sit Back
- 54/. Press
- 55/. Repeats: to Single Whip
- 56/. Cloud Hands X 4
- 57/. Single Whip
- 58/. Lift Up Heavens
- 59/. High Pat On Horse
- 60/. Spread The Weave rear
- 61/. Sitting Like a Duck
- 62/. Right kick
63. Repeat on other side up to Left Kick
- 64/. Block Right
- 65/. Turn around & Heel Kick
- 66/. BKTS
- 67/. BKTS
- 68/. Punch to groin
- 69/. Cutting Hands
- 70/. Double leaping Kick
- 71/. Carry The Bread On Arms
- 72/. Hit Tiger Left & Right
- 73/. Right Heel Kick
- 74/. Phoenix Punch

- 75/. Spear Hands With Sit
- 76/. Back Kick
- 77/. Take A Walk
- 78/. Cross Kick
- 79/. Knife & Spear Fingers
- 80/. Lift Hands
- 81/. Lift Hands 2
- 82/. Finish as before.

END 2nd THIRD

Begin 3rd 3rd same as 2nd:

Then:

- 83/. Single Whip
- 84/. Slant Flying X 3
- 85/. Grasp Swallow's Tail to Single Whip same:
- 86/. Fair Lady Works Shuttles (Weaves)
- 87/. Grasp Swallow's Tail
- 88/. Single Whip
- 89/. Wave Hands Like Clouds 2nd (different)
- 90/. Single Whip
- 91/. Snake Creeps Down
- 92/. Cock stands on one leg X 2
- 93/. 1 X tripping Repulse Monkey, 3 X Repulse Monkey (normal)
- 94/. Same as 2nd third up to Single Whip
- 95/. Wave Hands Like Clouds X 3rd time
- 96/. High Pat On Horse
- 97/. Inspect Horse's Mouth
- 98/. Inspect Horse's Mouth rear
- 99/. Sweep The Enemy
- 100/. Crescent Kick & Spear Hands
- 101/. Press The Points
- 102/. Chee
- 103/. Bending Backwards
- 104./, Bending Backwards
- 105/. Bending Backwards
- 106/. Take the Dim-Mak Points
- 107/. Open The Wings
- 108/. P'eng
- 109/. Pigeon Flies to heaven
- 110/. rest:
- 111/. Lift Hands

- 112/. Open the Wings
- 113/. Drop down & Break Elbow
- 114/. Pull Forward & attack To rear & Front
- 115/. Hidden Hand Punch
- 116/. Sleeves Dancing Like Plumb Blossoms
- 117/. Double Punch
- 118/. Hidden Hand Punch
- 119/. Same as 2nd third.
- 120/. Single Whip
- 121/. Snake Creeps Down
- 122/. Step Forward to Seven stars
- 123/. Ride Tiger
- 124/. Turn Around & Lotus Kick
- 125/. Low Punch
- 126/. Bending To Avoid & Attack
- 127/. Shoot Tiger
- 128/. Finish: