

Traditional Yang 108 Form Postures~

First section

Opening

Ward Off, Right

Ward Off, Left

Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)

Single Whip

Lift Hands, Shoulder Strike

White Crane Spreads its Wings

Brush Knee, Left

Play the Lute

Brush Knee, Left

Brush Knee, Right

Brush Knee, Left

Play the Lute

Brush Knee, Left

Step Up, Deflect, Parry and Punch

Apparent Close

Cross Hands

Second section

Carry Tiger to Mountain

Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)

Fist Under Elbow

Repulse Monkey, Right

Repulse Monkey, Left

Repulse Monkey - Right

Diagonal Flying

Lift Hands, Shoulder Strike

White Crane Spreads its Wings

Brush Knee, Left

Needle at Sea Bottom

Fan through Back

Turn, Back Fist, Parry, Side Punch

Deflect, Parry and Punch

Ward Off, Left

Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)

Single Whip

Cloud Hands
Single Whip
High Pat on Horse
Right Toe Kick
Left Toe Kick
Turn, Left Heel Kick
Brush Knee, Left and Step
Brush Knee, Right and Step
Right Punch Downward
Turn, Back Fist, Parry, Side Punch
Deflect , Parry and Punch
Right Heal Kick
Taming the Tiger, Left
Taming the Tiger, Right
Right Heal Kick
Box Ears with Fists
Left Heal Kick
Pivot Around, Right Heal Kick
Deflect, Parry and Punch
Apparent Close
Cross Hands

Third section

Carry Tiger to Mountain
Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)
Single Whip
Part the Wild Horse's Mane, Right
Part the Wild Horse's Mane, Left
Part the Wild Horses Mane, Right
Ward-Off, Left
Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)
Single Whip
Fair Lady Works the Shuttles, Left
Fair Lady Works the Shuttles, Right
Fair Lady Works the Shuttles, Left
Fair Lady Works the Shuttles, Right
Ward-Off, Left
Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)
Single Whip
Cloud Hands
Single Whip
Snake Creeps Down

Golden Rooster Stands on One Leg, Left
Golden Rooster Stands on One Leg, Right
Repulse Monkey, Right
Repulse Monkey, Left
Repulse Monkey, Right
Diagonal Flying
Lift Hands, Shoulder Strike
White Crane Spreads its Wings
Brush Knee, Left
Needle at Sea Bottom
Fan Through the Back
White Snake Puts Out Tongue, Parry, Side Punch
Deflect, Parry and Punch
Ward-Off, Left
Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)
Single Whip
Cloud Hands
Single Whip
High Pat On Horse
Palm Thrust
Turn and Cross Kick
Punch downward
Ward-Off, Left
Grasp the Sparrow's Tail (Ward Off, Right; Roll Back; Press; Push)
Single Whip
Snake Creeps Down
Seven Stars
Ride the Tiger
Turn Body Sweep Lotus Leg
Bend Bow and Shoot Tiger
Block, Parry and Punch
Apparent Close
Cross Hands
Close