

Yang 24 Information

Yang 24 Form List

1. Commencing Form
2. Parting Wild Horse's Mane – Left, Right, Left
3. White Crane Flashing Wings
4. Brush Knee – Right, Left, Right
5. Playing the Lute
6. Repulse Monkey – Right, Left, Right, Left
7. Stroking Bird's Tail – Left
8. Stroking Bird's Tail – Right
9. Single Whip
10. Waving Hands Like Clouds
11. Single Whip
12. High Horse
13. Heel Kick Right
14. Punching Ears with Both Fists
15. Turn and Heel Kick Left
16. Lower Movement and Golden Cock Standing on One Leg – Left
17. Lower Movement and Golden Cock Standing on One Leg – Right
18. Fair Lady, Work at Shuttles – Right, Left
19. Needle at the Sea Bottom
20. Fan Back
21. Turn to Deflect Downward Parry and Punch
22. Apparent Closing Up
23. Cross Hands
24. Closing Form

Some Useful Videos

[Helen Liang](#)

[Mike Soric Alone](#)

[Mike Soric with Partner](#)