Yang Style Long Form
First Section

English translation	Notes / Joining moves	Cantonese
1. Preparation	a) Feet together, hands on side of thighs	
2. Beginning, Raise Qi	a) Step to right b) Raise and lower hands c) Circle arms	
3. Weight on right foot, **Hold the Ball**		Hup Sau
4. Step forward, **Single Ward Off Left**		
5. Turn to right **Grasp the Bird's Tail**	a) Double Ward Off b) Pull Down left c) Press d) Push	a) Siong Pang b) Lui c) Jai d) Aun
6. Sit Back, Push left Sit Back, Push right		
7. Single Whip		
8. Lift Hands	a) Pull Down left b) Elbow Strike c) Ward Off right	Tie Sau
9. White Crane Spreads Wings		
10. Brush Knee Push left	Then step up, sit back rolling back right arm	
11. Strum the Lute		Sau Fey Pi Pa
12. Brush Knee Push left		
13. Brush Knee Push right	Then step up, sit back rolling back right arm	
14. Strum the Lute		Sau Fey Pi Pa
15. Brush Knee Push left		
16. Right hand fist, bring down to left		
17. Step forward, **Parry and Punch**		
18. Sit back, open, **Press**		
19. Turn to right		
20. Embrace Tiger		
21. Cross Hands	Apparent Close, left palm in front of right	