Yang Style Long Form - Second Section

English translation	Notes / Joining moves	Cantonese
From Cross Hands, Hold Ball,	Turn 135º to right	Hup Sau
Grasp the Bird's Tail to the corner	a) Raise right hand b) Pull Down left c) Press d) Push	a) Fut Wann b) Lui c) Jai d) Aun
Sit Back, Push left. Sit Back, Push right		
Turn and block to the left corner		
Diagonal push		
Fist under elbow		
Repulse Monkey right		
Repulse Monkey left		
Repulse Monkey right		
Repulse Monkey left		
Repulse Monkey right		
Diagonal flying to right	Hold the ball and turn right to corner behind you	
Sit Back, raise hands	"Da, dah" level with ears.	
Lift Hands	Then turn hands over, pull down left	Tie Sau
Turn hands over again, **Elbow Strike**		
Ward Off right	Right arm up	
White Crane Spreads Wings	Then drop right hand, Hold the Ball and open right arm	
Left Brush Knee, Push	Then step up, replace foot and roll back with right arm	
Needle to Sea Bottom	Then cover wrist, raise hands to right	
Fan Through Back	Then make a fist with the right.	
Turn Body 135º right, step round and **Punch**	Then Punch up, pull down to left	
Step Forward, Parry and Punch	Then sit back and pull down right	
Left Diagonal Flying	Then Hold the Ball	

Yang Style Long Form - Second Section

English translation	Notes / Joining moves	Cantonese
Step forward, **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
Sit Back, Push left, Sit Back, Push right		
Single Whip	Then turn to right into	
Cloud Hands x 4	Take 4 sideways steps to left	
Single Whip		
High Pat on Horse		
Separate and **Kick right**	top side of foot to corner	
Separate and **Kick left**	top side of foot to corner	
Turn 180º to left and **Heel Kick left**		
Left Brush Knee, Push		
Right Brush Knee, Push		
Step Forward, Punch to Groin	"Punch to the trousers!"	
Turn 180º to right and Punch	Then Punch up, pull down to left	
Step Forward, Parry and Punch	Then Press down to right	
Left Diagonal Flying		
Heel Kick Right to right corner	Then Push to right corner "Mangle" Turn to left 180º to corner	
Strike Tiger Left	To corner, then Hold Ball and turn right 180º to corner	
Strike Tiger Right		
Open Left arm, cross hands and **Heel Kick Right** to right corner	Then sink, dropping fists to right knee	
Double Phoenix Attacking the Ears on diagonal	Then keep weight forward, cross hands, open right foot, raise up and...	
Heel Kick Left		
Turn 360º to right, **Heel Kick Right**	Then Pull down left	
Step Forward, Parry and Punch	Then turn 90º to right	
Embrace Tiger, Apparent Close	Cross hands, left in front of right	