Yang Style Long Form - Third Section

English translation	Notes / Joining moves	Cantonese
From Cross Hands Apparent Close		
Hold Ball, turn 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	Then turn to left	
Diagonal Single Whip to corner	Then Hold Ball, turn right 180°	
Part the Horse's Mane Right	To the corner	
Part the Horse's Mane Left	To the corner	
Part the Horse's Mane Right	To the corner	
Sweep right hand towards the left palm up, press down, Ward Off left.	Then turn to right	
Grasp the Bird's Tail	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	Then turn to left	
Single Whip		
Fair Lady Weaves Shuttle left	"Four Corners" 1. Then turn right 270° to corner behind you.	
Fair Lady Weaves Shuttle right	"Four Corners" 2. Then turn left 45°.	
Fair Lady Weaves Shuttle left	"Four Corners" 3. Then turn right 270° to corner behind you.	
Fair Lady Weaves Shuttle right	"Four Corners" 4. Then turn to left 135°, Press down	
Ward off Left		
Hold Ball, turn 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

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English translation	Notes / Joining moves	Cantonese
Sit Back, Push left Sit Back, Push right	Then turn to left	
Single Whip		
Cloud Hands x 3	3 steps to the left	
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	Then, Drop right hand, Hold the Ball	
Diagonal flying to right	Hold the ball and turn 135º 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 - Third 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 2	Take 2 sideways steps to left	
Single Whip		
High Pat on Horse		
Snake Spits out Tongue / Thrusting Hand	"Inspecting the horse's mouth"	
Turn 180° to right and **Heel Kick right**	Press down right	
Step Forward and Punch to Groin	"Punch to trousers!" Press down.	
Left Diagonal Flying	Then Hold the Ball	
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	
Snake Creeps Down		
Step up to Seven Stars		
Sit Back to Ride the Tiger		
Lotus Kick		
Bend the Bow to Shoot the Tiger	Then pull down left	
Step Forward, Parry and Punch	Then palms up and open	
Press	Then turn 90° to right	Aun
Embrace Tiger, Return to the Mountain		
Close		