

Standard Eight Form Based on Yang Style

Commencement Form

1. Repulse Monkey (arms only)
2. Brush Knee Push left and right
3. Part the Wild Horse's Mane left and right
4. Wave Hands Like Clouds
5. Golden Rooster Stands on One Leg left and right
6. Kick with Heel right and left
7. Grasp the Bird's Tail right and left
8. Cross Hands

Closing

(Opening and closing are not counted in the forms.)