

# Yang Style Beijing 24-Step Short Form

1	<p><b>Beginning movement:</b> Both arms float up then sink down with body, through the hips.</p>	
2	<p><b>Part wild horses mane: (Ward off L / R / L)</b> Hold ball, step out then raise arm to 'Ward Off' ('Peng')</p>	
3	<p><b>White crane spreads wings:</b> Weight into right leg, lifting right hand up, left hand down, then open arms</p>	
4	<p><b>Brush knee and push: ( R / L / R )</b> Raise arms (relaxed wrists), brush knee then push</p>	
5	<p><b>Play the Pipa (Guitar / Lute):</b> Bring in then lift left arm up, right hand beside left elbow.</p>	
6	<p><b>Repulse monkey: (4 times)</b> Grasp with left hand, press with right, stepping back. Then grasp with right, press with left – alternate.</p>	

7	<p><b>Grasping the sparrow's tail (left):</b> Ward off, roll back, press then push. Turn to right.</p>	
8	<p><b>Grasping the sparrow's tail (right):</b> Ward off, roll back, press then push</p>	
9	<p><b>Single whip:</b> Circle arms, hook right then strike with side of left hand.</p>	
10	<p><b>Wave hands like clouds: (4 times)</b> Raise &amp; lower arms while stepping sideways to the left</p>	
11	<p><b>Single whip:</b> Circle arms, hook right then strike with side of left hand.</p>	
12	<p><b>High pat on horse:</b> Turn left palm (upwards), pull back and push with right finger tips (palm downwards)</p>	
13	<p><b>Kick with right heel:</b> Circle arms, open arms from the top and kick with right heel</p>	
14	<p><b>Strike opponent's (tiger's) ears:</b> Palms dropping over right knee, step down, circle with double fist</p>	

15	<p><b>Turn and kick with left heel:</b> Turn body, open arms and kick with left heel</p>	
16	<p><b>Snake creeps down (left) + stand on left leg (Golden Cockerel)</b></p>	
17	<p><b>Snake creeps down (right) + stand on right leg (Golden Cockerel)</b></p>	
18	<p><b>Fair lady works shuttles: R + L</b> Hold ball then block and push</p>	
19	<p><b>Needles at sea bottom:</b> Circle arms then drop right arm between knees</p>	
20	<p><b>Unfolding arms like fan: (Fan strike)</b> Strike left hand, right protects head</p>	
21	<p><b>Turn, deflect , parry and punch:</b> Turn, circle right fist, left brush then right punch</p>	
22	<p><b>Apparent close:</b> Left palm under right elbow, open, close then push</p>	

23	<b>Cross hands:</b> Open arms while turning, cross arms in front and stand up	
24	<b>Closing movement:</b> Turn palms down then drop arms to the side	

Notes:

Modified by:  
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