FORMS LIBRARY

Yang Style 40 Form Competition

40 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

00 预备式
01 起势
02 揽雀尾
03 单鞭
04 提手上势
05 白鹤亮翅
06 搂膝拗步（三次）
07 手挥琵琶
08 搬拦捶
09 如封似闭
10 斜飞势
11 肘底捶
12 倒卷肱（二）
13 左右穿梭
14 左右野马分鬃
15 云手（三）
16 单鞭
17 高探马
18 右蹬脚
19 双峰贯耳
20 左分脚
21 转身右蹬脚
22 海底针
23 闪通背
24 白蛇吐信
25 右拍脚
26 左右伏虎势
27 右下势
28 金鸡独立
29 指裆捶
30 揽雀尾
31 单鞭
32 左下势
33 上步七星
34 退步跨虎
35 转身摆莲
36 弯弓射虎
37 搬拦捶
38 如封似闭
39 十字手
40 收势

00 预备式

Preparation Posture

Stand with the feet together, body naturally upright, arms at the sides, looking straight ahead.
Crown suspended, shoulders sunk and elbows heavy, waist loose and hips tucked, breath natural — calm mi

01 起势

Commencing Posture

Open the left foot to shoulder width; raise both arms level in front at shoulder height; bend the knees and p
down beside the thighs.
Shoulders sunk and elbows heavy with the fingers naturally spread; the weight stays between the feet and t
low as the palms press.

02 揽雀尾

Grasp the Bird's Tail

Turn the waist and hold the hands as the foot lifts and the knees bend; step up and ward off left in the bow
foot and hold, turn and step up to ward off right; turn the palm and extend, sit back and roll back; turn and
press; level the palms and sit back drawing in; push in the bow stance.
Ward-off rounds, roll-back travels an arc, press joins both hands, push reaches the heels of the palms; the f
and the front knee stays behind the toes.

03 单鞭

Single Whip

Sit back, turn the waist and smear level to the left; sit back again and smear both hands to the right; form t
foot and turn; step up and push in the bow stance facing due east.
The hook wrist stays relaxed with the hook pointing down; the push settles the wrist and the bow stance fa
of the push.

04 提手上势

Raise Hands and Step Forward

Sit back and close the foot; move the right foot forward; bring both hands together in front of the body into
The empty stance divides the weight thirty-seventy; the arms close on a rounded arc with shoulders sunk an
hollowed.

05 白鹤亮翅

White Crane Spreads Its Wings

Turn and withdraw the foot; hold the hands and sit back; part the hands into the empty stance with the upp
forward.
The upper hand wards above the brow and the lower plucks and presses by the hip, creating a diagonal stre
torso upright.

06 搂膝拗步（三次）

Brush Knee and Twist Step

Turn the waist and swing the hand, drawing the foot in (the weight does not shift much as the foot pivots);
step up; brush the knee and push in the bow stance. Three times, alternating sides.
The brushing hand passes the knee on an arc, the push completes with the bow stance, and the waist leads

07 手挥琵琶

Hold the Lute

Follow-step; sit back and rub the hands; close the hands into the empty stance.
The weight settles back into a half-sitting stance and the arms close as if holding a lute, shoulders sunk an

08 搬拦捶

Parry, Block and Punch

Turn the waist, pivot the foot and close the fist; step up and parry with the fist, the front toes turned out; s
with the left palm reaching forward from the chest as the right fist draws to the waist; punch in the bow sta
eye upward.
Parry, block and punch run as one; the punch sinks the shoulders and reaches the face of the fist.

09 如封似闭

Apparent Close-Up

Insert the left palm from beneath the right fist, palm down; draw back and turn the palms over; push and pr
stance.
The palms part in front of the chest on the way back, the press reaches the heels of the hands, and the weig

10 斜飞势

Diagonal Flying

Sit back, turn and close the foot; hold the hands and draw the foot in; turn and step up to the north-west; p
the bow stance, the upper palm angled up at head height and the left pressing by the hip.
The step opens on the diagonal and the arms spread diagonally like a bird in flight — the torso inclines with
the waist.

11 肘底捶

Fist Under Elbow

Sit back, turn and close the foot; hold and draw the foot in; swing the step and smear the hand; follow-step
hands; split and extend in the empty stance.
The fist rests under the elbow; the split in the empty stance sinks the shoulder with the force held containe

12 倒卷肱（二）

Step Back and Roll the Arms

Withdraw the hand and step back, pushing in the empty stance, once to each side.
The ball of the foot lands first on the retreat; the push and the withdrawal are simultaneous, the waist lead

13 左右穿梭

Work at the Shuttles, Left and Right

Close the foot, turn and hold the hands; step up to the left front and support and push in the bow stance; s
hold; step up to the right front and support and push.
The bow stance is diagonal, one arm supports while the other pushes, the waist driving the step with the to

14 左右野马分鬃

Part the Wild Horse's Mane, Left and Right

Hold the hands and draw the foot in; step up to the left front and part in the bow stance; step up to the fro
Upper and lower pull apart, the upper hand no higher than the brow and the lower pressing by the hip, the

15 云手（三）

Cloud Hands

Cloud left and draw the foot in, cloud right and open the step, alternating three times.
The waist is the axis and the arms trace vertical circles; the sideways steps lift and land lightly with the we
and the eyes following the upper hand.

16 单鞭

Single Whip

Form the hook; lift the foot and turn; step up and push in the bow stance.
Same structure as movement 3, in the same direction.

17 高探马

High Pat on Horse

Follow-step, sit back and turn the palm over; push a palm across the face in the empty stance with the righ
in front of the abdomen.
The front foot rests on its toes, the reaching palm no higher than the eyes, and the torso does not strain fo

18 右蹬脚

Kick with Right Heel

Thread the hand and smear level; hold the hands and draw the foot in; kick and part the hands toward the s
Stand firm before lifting; the kick drives through the heel with the toes hooked back, the knee straightenin
rising above waist height.

19 双峰贯耳

Twin Peaks Strike the Ears

Bend the leg and join the hands; lower the foot; strike with both fists in the bow stance toward the south-e
The fists drive diagonally up from the sides with the tiger mouths facing in a pincer, no higher than the hea
than the mouth, the force at the tiger mouth.

20 左分脚

Separate Left Foot

Pivot the foot and part the hands; hold the hands and draw the foot in; separate the foot due east, opening
The separation flicks out with the toes, both arms open rounded at once, and the standing leg holds firm.

21 转身右蹬脚

Turn Body, Kick with Right Heel

Turn and close the arms; kick due east, parting the hands.
The waist leads the turn; the kick drives through the heel with the toes hooked back.

22 海底针

Needle at Sea Bottom

Draw the foot in and retreat; sit back, turn the waist and raise the hand to ear height; thrust the palm down
the empty stance with the left palm resting on the knee.
The torso inclines slightly and the fingers thrust down and forward to the fingertips; the waist relaxes and

23 闪通背

Flash Through the Back

Bow the leg; part the hands; support and push forward.
The forward push and the rear support open together, and the bow stance faces the direction of the push.

24 白蛇吐信

White Snake Spits Out Its Tongue

Sit back, turn and close the foot; step up toward the north-west swinging the palm; push in the bow stance.
The push is quick and clean like a tongue flicking out, the waist carrying the arm.

25 右拍脚

Slap Right Foot

Step the left foot up, heel landing with toes turned out; cross and bend both legs; stir the hands and bring
slap the foot toward the north-west.
Slap the instep with the palm rather than forcing the leg high, landing steadily.

26 左右伏虎势

Subdue the Tiger, Left and Right

Lower the left foot to the side; retreat with the sole landing to the south-west and the heel turned in, shifti
and straightening the right leg into a left bow stance with the fists closed and the head turned to the right
eyes one above the other; close the foot and sit back, the fists opening to palms, lifting the right foot; step
strike round with the fists.
The fists sit one above the other as if holding a tiger down; the strike turns through the waist with the eyes

27 右下势

Right Push Down

Sit back and raise the hook; thread the palm in the crouch stance with the right hand gathering in front of t
passing down and forward.
The crouch stance spreads flat with the weight sunk, the palm threading close to the leg in a straight line a
turning in.

28 金鸡独立

Golden Rooster Stands on One Leg

Shift the weight forward and lift the knee; lower the foot and lift the other knee. Once each side.
The knee lift and the lifting palm happen together, the standing leg slightly bent and steady, the knee abov
held for at least three seconds.

29 指裆捶

Point-to-Groin Punch

Step forward, lower the foot and swing the hand; close the fist, step up and punch.
The punch goes down toward the groin; the waist relaxes and the hips tuck, the force reaching the fist.

30 揽雀尾

Grasp the Bird's Tail

Pivot the foot, turn and hold the hands; step up and ward off in the bow stance; roll back, press; then ward
push forward.
Same structure as movement 2: all four energies complete, continuous and evenly weighted.

31 单鞭

Single Whip

Turn and smear level; draw the foot in and form the hook; push in the bow stance.
The general single-whip requirements apply.

32 左下势

Left Push Down

Close the foot and turn it out; bend the leg into the crouch stance; thread the left palm in front of the left a
it down and forward.
The crouch stance spreads flat and sinks, the palm threading close to the leg in a straight line.

33 上步七星

Step Up to Seven Stars

Shift the weight forward; step up and cross the fists in the empty stance.
The two fists cross in front of the chest as the seven stars, and the empty stance holds firm.

34 退步跨虎

Step Back and Ride the Tiger

Retreat and part the hands; settle into the empty stance; support the palms one high and one low on the di
The withdrawal and the parting happen together, the empty stance sinks, and the two palms brace against
diagonal.

35 转身摆莲

Turn Body and Sweep Lotus

Grind the foot and turn; close the step and turn; sweep the foot.
One full turn, the leg sweeping in a fan with both palms slapping the instep, landing steadily.

36 弯弓射虎

Bend the Bow to Shoot the Tiger

Lower the foot to the side; bow the leg and close the fists; counter-punch with both fists.
The two fists sit one forward and one back like a drawn bow; the waist supplies the power, the eyes follow t
the bow stance angles correctly.

37 搬拦捶

Parry, Block and Punch

The left fist opens to a palm; draw the foot in, step up and parry with the fist; step up and block with the pa
bow stance.
The general parry, block and punch requirements apply.

38 如封似闭

Apparent Close-Up

Thread the hand and sit back; draw the hands in; push and press in the bow stance.
The palms draw back and then press, the force reaching the heels of the hands.

39 十字手

Cross Hands

Turn and close the foot, parting the hands; draw the foot in and embrace the hands; open into a parallel sta
The arms cross and round out, the weight centred, the breath settling low.

40 收势

Closing Posture

Turn the palms over; lower them; draw the foot in and return.
Breathe long and slow; stay upright at the finish rather than relaxing the instant it ends.