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Yang Style Traditional 85 Form

85 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

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01 预备势

Preparation Posture

Stand with the feet together, arms hanging at the sides, eyes forward.
Crown suspended, chest contained, waist relaxed; mind quiet and body loose, the breath natural, weight be

02 起势

Commencing Posture

Open the left foot to shoulder width, raise both arms forward to shoulder height, then bend the knees and p
abdomen.
Shoulders sink and elbows drop, the fingers slightly curved without stiffness; the press and the knee bend a
the breath settles. This 起势 is one of the four adjustments that took the frame from 81 to 85.

03 揽雀尾

Grasp the Bird's Tail

Hold the ball on the right, ward off from a bow stance, sit back and stroke down, turn the waist and press, s
in, then push forward from the bow stance.
The complete four-square hand: ward-off with the arm rounded, stroke on an arc that leads the force into e
with both arms joined, push to the heels of the palms. The waist leads and the torso stays upright; the knee
toe. This is the set’s master movement, and it returns five more times.

04 单鞭

Single Whip

Turn the waist and wipe the palm across, form the hook and lift the foot, then push from a bow stance.
Hook hanging with the five fingers gathered without gripping, in a vertical line with the right toe; the push
aligns nose, toe and fingertip. This posture is the set’s hinge and its refuelling point.

05 提手上势

Raise Hands and Step Forward

Draw the foot in and bring both hands up together into an empty stance.
The empty stance splits the weight three to seven; the arms hold a rounded arc, chest contained, neither th
collapsed.

06 白鹤亮翅

White Crane Spreads Its Wings

Follow-step and gather the hands, then sit back and part them into an empty stance.
Upper hand wards off above the forehead, lower hand plucks down beside the hip — the two pull against ea
torso stays upright and does not lean back.

07 左搂膝拗步

Left Brush Knee and Twist Step

Turn the waist and swing the arm while drawing the foot in, step up and bend the arm, then brush the knee
palm from a bow stance.
The brushing hand passes the knee on an arc, and the push arrives with the bow stance; the waist carries th
knee does not pass the toe.

08 手挥琵琶

Hold the Lute (Play the Pipa)

Follow-step, then sit back and gather the hands into an empty stance.
The arms hold a rounded shape as if cradling a lute, shoulders sunk and elbows dropped, the weight shifted
half-sitting step.

09 左右搂膝拗步

Brush Knee and Twist Step, Left and Right

Turn the waist, swing the hands, step and brush the knee, pushing the palm — once to the left and once to t
Left and right mirror each other and run without a break; the push reaches the heel of the palm with the bo

10 手挥琵琶

Hold the Lute (Play the Pipa)

As movement 8, second appearance.
Same requirements: rounded arms, sunk shoulders, weight in the back leg.

11 左搂膝拗步

Left Brush Knee and Twist Step

As movement 7, the second of four appearances.
Same requirements: brush past the knee, push with the bow stance.

12 进步搬拦捶

Step Up, Parry, Block and Punch

Carry the fist down and across, step up and block with the palm, then punch from a bow stance.
Parry, block and punch run as one breath; the punch sinks the shoulder, drops the elbow and reaches the fa

13 如封似闭

Apparent Close-Up

Cross the hands and draw them back, sit back and part the palms, then press forward from a bow stance.
The palms separate before the chest on the way back and the press reaches the heels of the palms; the weig
smoothly forward and back.

14 十字手

Cross Hands

Turn and part the hands, then cross both arms before the chest.
The crossed arms hold a rounded frame with the weight centred and the breath settled — the first of the se
landmarks (the second is 46).

15 抱虎归山

Embrace the Tiger and Return to the Mountain

Turn the waist and withdraw the hands, then gather and push both palms forward from a bow stance — emb
The waist carries the arms and the embrace contains the intent to press and push; the torso upright and the

16 肘底看捶

Fist Under Elbow

Draw the foot in and gather, then from an empty stance hold the fist beneath the elbow and probe forward.
The fist hides under the elbow, withheld rather than shown; the empty stance drops the shoulders and settl

17 左右倒撵猴

Step Back and Repulse the Monkey

Retreat step by step, rolling the arm back and pushing from an empty stance, alternating sides.
The ball of the foot lands first on each retreat; the push and the withdrawal move together, carried by the w

18 斜飞式

Diagonal Flying

Sit back and turn, gather the hands and draw the foot in, step out on the diagonal, then separate the arms
stance.
The step goes out on the diagonal and the arms open on the same line — upper hand at head height, lower h
beside the hip. The torso inclines without toppling, carried by the waist.

19 提手上势

Raise Hands and Step Forward

As movement 5, second appearance.
Same requirements: rounded arms, three-seven empty stance.

20 白鹤亮翅

White Crane Spreads Its Wings

As movement 6, second appearance.
Same requirements: opposing hands, torso upright.

21 左搂膝拗步

Left Brush Knee and Twist Step

As movement 7, third appearance.
Same requirements: brush, step and push together.

22 海底针

Needle at Sea Bottom

Follow-step and sit back, then insert the palm downward from an empty stance.
The torso inclines slightly forward and the fingers point down and forward, force reaching the fingertips; w
hips tucked, the seat never protruding.

23 扇通背

Fan Through the Back

Step up, then from a bow stance push one palm forward while the other braces behind.
The arms brace front and back against each other; the bow stance faces the same way as the push, and the
force to the heel of the palm. The standard character is 扇, as in a fan.

24 撇身捶

Deflect Body and Punch

Turn and swing the fist across, then push the palm from a bow stance.
The waist carries the fist and the force reaches the back of it; the body turns but the head stays level. In th
posture is 撇身捶 — the name is fixed and not the same as movement 35.

25 进步搬拦捶

Step Up, Parry, Block and Punch

As movement 12, second appearance.
Same requirements: parry, block and punch as one.

26 上步揽雀尾

Step Up, Grasp the Bird\

Step up into the four-square hand — ward off, stroke, press, push — as in movement 3.
Second of six appearances. Entered on a step here, which is the only difference from the opening 揽雀尾.

27 单鞭

Single Whip

As movement 4, second appearance.
Hook hanging, three tips aligned, push to the heel of the palm.

28 云手

Cloud Hands

Both hands circle upright in turn while the feet step sideways, three passes.
The waist is the axis; the weight travels level without rising and falling, and the eyes follow the upper hand
returns at 55 and 70.

29 单鞭

Single Whip

As movement 4, third appearance.
Hook hanging, three tips aligned.

30 高探马

High Pat on Horse

Follow-step and sit back, then probe forward with the palm from an empty stance.
The front foot touches lightly and the torso does not reach forward artificially.

31 左右分脚

Separate Feet, Left and Right

Gather the hands and draw the foot in, then separate the feet with the arms opening, once right and once le
Stand firm before lifting the leg; the separating kick flicks out from the toe. The support leg stays slightly b
upright. The circulating 左右分脚马 is a miswriting.

32 转身左蹬脚

Turn Body, Kick with Left Heel

Turn and gather the arms, then kick and part the hands.
The turn is carried by the waist; the kick reaches the heel with the toes drawn back.

33 左右搂膝拗步

Brush Knee and Twist Step, Left and Right

As movement 9, second appearance.
Same requirements: mirrored left and right, push to the heel of the palm.

34 进步栽捶

Step Up and Plant Punch

Step up, then drive the fist down and forward from a bow stance.
Waist relaxed and hips tucked, force to the face of the fist; the torso inclines slightly while the lower body

35 翻身撇身捶

Turn Body, Deflect Body and Punch

Turn the body over through 180°, swing the fist across, then push the palm from a bow stance.
The turn is carried by the waist and the fist crosses with the back of the hand leading. The name shares 撇身
movement 24 but the direction differs — they are separate postures, not one under two names.

36 进步搬拦捶

Step Up, Parry, Block and Punch

As movement 12, third appearance.
Same requirements: parry, block and punch as one.

37 右蹬脚

Kick with Right Heel

Thread the hand and wipe across, gather the hands and draw the foot in, then kick and part the hands.
The kick reaches the heel with the toes drawn back; the support leg stays slightly bent and the torso does n

38 左打虎势

Left Subdue the Tiger

Withdraw the step and join the palms, lift the leg and press the palm, then form a bow stance with the two
subduing a tiger.
One fist sits beside the temple, the other above the knee, the eyes of the fists opposed vertically; the waist
eyes hold the front fist.

39 右打虎势

Right Subdue the Tiger

As movement 38, in the opposite direction.
Same requirements: fists opposed vertically, waist-led release.

40 回身右蹬脚

Turn Back, Kick with Right Heel

Turn back and gather the arms, then kick and part the hands.
The turn and the kick are simultaneous and the force reaches the heel; the body stays upright.

41 双峰贯耳

Twin Peaks Strike the Ears

Bend the legs and join the hands, set the foot down, then strike with both fists from a bow stance.
The fists drive up and in from both sides, the tiger’s mouths facing each other like pincers, no higher than
lower than the mouth; force to the tiger’s mouth.

42 左蹬脚

Kick with Left Heel

As movement 37, on the other side.
Same requirements: force to the heel, support leg stable.

43 转身右蹬脚

Turn Body, Kick with Right Heel

As movement 37, completed through a turn.
Same requirements: turn carried by the waist, heel kick.

44 进步搬拦捶

Step Up, Parry, Block and Punch

As movement 12, fourth appearance.
Same requirements: parry, block and punch as one.

45 如封似闭

Apparent Close-Up

As movement 13, second appearance.
Same requirements: palms part, press to the heels.

46 十字手

Cross Hands

As movement 14 — the second of the two memory landmarks.
Same requirements: crossed arms rounded, weight centred.

47 抱虎归山

Embrace the Tiger and Return to the Mountain

As movement 15, second appearance.
Same requirements: waist-led embrace and push.

48 斜单鞭

Diagonal Single Whip

The single whip on a diagonal — the step goes out obliquely, the hook leads, the palm pushes.
The torso stays unskewed and the bow stance faces the same way as the push. This entry is counted in the t
form.

49 野马分鬃

Part the Wild Horse's Mane

Gather the hands and draw the foot in, then separate the palms up and down from a bow stance, once left a
Up and down pull against each other; the leading hand does not pass the toe and the torso stays upright.

50 揽雀尾

Grasp the Bird's Tail

As movement 3 — third of six appearances.
Same requirements: ward off, stroke, press, push with the waist leading.

51 单鞭

Single Whip

As movement 4 — fifth of ten appearances.
Hook hanging, three tips aligned.

52 玉女穿梭

Fair Lady Works at the Shuttles

Turn continuously and, at the four diagonal corners, ward off with one arm and push with the other — four
The step enters on the diagonal with one ward and one push; the waist carries the turn and the torso stays

53 揽雀尾

Grasp the Bird's Tail

As movement 3 — fourth of six.
Same requirements: the four-square hand complete.

54 单鞭

Single Whip

As movement 4 — sixth of ten.
Hook hanging, three tips aligned.

55 云手

Cloud Hands

As movement 28 — second of three places.
Waist as axis, weight travelling level.

56 单鞭

Single Whip

As movement 4 — seventh of ten.
Hook hanging, three tips aligned.

57 下势

Push Down

Close the foot and drop into a low stance, then thread the palm through.
The low stance lies flat with the weight sunk; the knee does not turn inward. Anyone short of the flexibility
depth.

58 金鸡独立

Golden Rooster Stands on One Leg

Raise the knee and lift the palm, once on each side.
Knee and lifting palm rise together; the support leg stays slightly bent and stable, the torso vertical withou

59 左右倒撵猴

Step Back and Repulse the Monkey

As movement 17, second appearance.
Same requirements: ball of the foot first, push and withdraw together.

60 斜飞式

Diagonal Flying

As movement 18, second appearance.
Same requirements: diagonal step, arms opening on the same line.

61 提手上势

Raise Hands and Step Forward

As movement 5, third appearance.
Same requirements: rounded arms, empty stance.

62 白鹤亮翅

White Crane Spreads Its Wings

As movement 6, third appearance.
Same requirements: opposing hands, torso upright.

63 左搂膝拗步

Left Brush Knee and Twist Step

As movement 7, fourth appearance.
Same requirements: brush, step and push together.

64 海底针

Needle at Sea Bottom

As movement 22, second appearance.
Same requirements: fingers lead, hips tucked.

65 扇通背

Fan Through the Back

As movement 23, second appearance.
Same requirements: arms bracing front and back.

66 转身白蛇吐信

Turn Body, White Snake Spits Out Its Tongue

Turn and join the palms, then shoot the palm out quick and clean, like a snake’s tongue.
The thrust is quick and clear, carried by the waist. In the 81 frame this posture carried two names; the 85 fr
转身白蛇吐信, which is not interchangeable with movement 35.

67 搬拦捶

Parry, Block and Punch

Parry, block and punch — the only 搬拦捶 in the set that does not step up into it.
Same parry-block-punch sequence as the 进步 form; watch how the stance joins to the preceding posture, si
taken.

68 揽雀尾

Grasp the Bird's Tail

As movement 3 — fifth of six.
Same requirements: the four-square hand complete.

69 **单鞭**

Single Whip

As movement 4 — eighth of ten.
Hook hanging, three tips aligned.

70 **云手**

Cloud Hands

As movement 28 — third and last place.
Waist as axis, weight travelling level.

71 **单鞭**

Single Whip

As movement 4 — ninth of ten.
Hook hanging, three tips aligned.

72 **高探马带穿掌**

High Pat on Horse with Threading Palm

Probe forward from an empty stance, then follow with a threading palm.
The probe and the thread run together, force reaching the fingertips, the front foot touching lightly. The ci
a miswriting.

73 **十字腿**

Cross-Shaped Leg

Cross both palms before the chest, then balance on one leg and sweep the leg.
The turn and the leg sweep are simultaneous and the landing is even.

74 **进步指裆捶**

Step Up, Point-to-Groin Punch

Step up and punch, the fist driving down toward the groin.
Waist relaxed and hips tucked, force to the face of the fist, the punch on the centre line. The circulating 指

75 **上步揽雀尾**

Step Up, Grasp the Bird\

As movement 26 — the sixth and last 揽雀尾.
Same requirements: four-square hand entered on a step.

76 **单鞭**

Single Whip

As movement 4 — tenth and last, counting the 斜单鞭 at 48.
Hook hanging, three tips aligned.

77 **下势**

Push Down

As movement 57, second appearance.
Same requirements: low stance flat, knee not turning in.

78 **上步七星**

Step Up to the Seven Stars

Step up and cross both fists before the chest to form the “seven stars”.
The empty stance is steady with the weight on the back leg, and the crossed guard is rounded.

79 退步跨虎

Step Back and Ride the Tiger

Step back and brace the two palms diagonally, one above the other.
The retreat and the parting of the hands are simultaneous; the empty stance sinks and the palms press agai
the diagonal.

80 转身摆莲

Turn Body and Sweep Lotus

Turn the body through a full circle and sweep the leg outward in a fan, both palms slapping the instep in tu
Turn and sweep are coordinated; land evenly and keep the torso upright.

81 弯弓射虎

Bend the Bow and Shoot the Tiger

Bend the leg and draw both fists, one forward and one back, like a bow being drawn.
The two fists pull against each other front and back as if drawing a bow; the waist releases and the eyes ho

82 进步搬拦捶

Step Up, Parry, Block and Punch

As movement 12, fifth and last appearance.
Same requirements: parry, block and punch as one.

83 如封似闭

Apparent Close-Up

As movement 13, third and last appearance.
Same requirements: palms part, press to the heels.

84 十字手

Cross Hands

As movement 14, third and last appearance.
Same requirements: crossed arms rounded, weight centred.

85 收势

Closing Posture

Turn the palms over and part them, let the arms fall, then draw the foot back and return to standing.
Close slowly with long breaths; once standing, hold the posture rather than collapsing the moment the form