Yang Style 108 Long Form
Created by Yang Lu Chan (Yang Wu Di, Yang the Invincible)
Completed into its modern form by Yang Cheng-fu in the 1930’s.

Wu Chi (Infinity) Posture

Part 1: Preparation
   Hands Up, You Down
   Lion Plays With The Ball
   Ward Off Left

Opening - Grasp Sparrow’s Tail Sequence
   Ward Off Right, Rollback
   Press (Grasp Sparrow’s Tail)
   Push

Transitions - Single Whip
   Lift Hands
   White Crane Cools Wings

Forward Sequence - Brush Knee Sequence
   Brush Knee Left
   Play Guitar
   brush knee left
   Brush Knee Right
   brush knee left, play guitar, brush knee left

Closing
   Intercept And Punch
   Withdraw And Push
   Cross Hands

If not continuing on...
   Harmonizing the Qi (optional)
   Wu Chi (Infinity) Posture
Part 2: Opening - Grasp Sparrow’s Tail Sequence
  Embrace Tiger Return To Mountain
  rollback, press, push

Transitions - single whip
  Fist Under Elbow
  Transition To Repulse Monkey

Backwards Sequence
  Repulse Monkey  3X
  Flying Diagonal
  lift hands, white crane cools wings, brush knee left

Multiple Planes Sequence
  Pick Up Needle From Sea Bottom
  Fan Through The Back
  Turn And Chop

Transitions - Step Up and intercept and punch
  step up and grasp sparrow’s tail sequence, single whip

Side wards Sequence
  Wave Hands Like Clouds  3X

Transitions - single whip
  High Pat The Horse
  Half Empty Step

Kick Sequence
  Right Kick
  Left Kick
  Spin left kick
  brush knee left, brush knee right
  step up and Punch Down
  Turn Right and White Snake Darts Out Tongue (Right)
  intercept and punch
  step up and right kick
  Bend The Bow And Shoot The Tiger Left
  Turn and Wipe the Waist
  Bend The Bow And Shoot The Tiger Right
  right kick and Box The Ears
  left kick
  Spin right kick

Closing - intercept and punch, withdraw and push, cross hands.
If not continuing on... harmonizing the Qi (optional), Wu Chi (Infinity) Posture
Part 3: Opening - Grasp Sparrow’s Tail Sequence
embrace tiger return to mountain, rollback, press, push

Transitions - single whip, lion plays with the ball

Circle and Square Patterns
Part The Wild Horse’s Mane  4X
Transitions - grasp sparrow’s tail sequence, single whip
Transition to fair lady weaves shuttle
Fair Lady Weaves Shuttle  4X
grasp sparrow’s tail sequence, single whip
wave hands like clouds  3X, single whip

Vertical Sequence
Snake Creeps Down
Golden Rooster Stands On One Leg  2X

Review Sequence
Backwards Sequence - repulse monkey  3X, flying diagonal
lift hands, white crane cools wings, brush knee left

Multiple Planes Sequence - pick up needle from sea bottom, fan through the back,
turn and chop

Transitions - step up and intercept and punch,
step up and grasp sparrow’s tail sequence, single whip

Side wards Sequence - wave hands like clouds  3X

Transitions - single whip, high pat the horse

Finale
White Snake Darts Out Tongue (Left)
turn and right kick
step up and punch down
grasp sparrow’s tail sequence, single whip
snake creeps down
Seven Stars
Ride the Tiger
Sweep Lotus Leg
bend the bow and shoot the tiger right

Closing - intercept and punch, withdraw and push, cross hands
Harmonizing the Qi (optional)
Wu Chi (Infinity) Posture