



LCTKD Info

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Yang Style Short Form

1	Start
2	Rotate the Wheel
3	Hold the Ball
4	Ward Off Left
5	Ward Off Right (look in the mirror)
6	Roll Back
7	Press
8	Withdraw and Push
9	Single Whip
10	Lifting Hands
11	Roll Back
12	Shoulder Stroke
13	White Crane Spreads Its Wings
14	Brush Left Knee and Push
15	Kick Behind Knee
16	Play Guitar
17	Brush Left Knee and Push
18	Step and Deflect
19	Step and Punch
20	Withdraw, Separate and Push
21	Cross Hands
22	Brush Right Knee and Push



23	Ward Off Right (look in the mirror)
24	Roll Back
25	Press
26	Withdraw and Push
27	Single Whip
28	Observe Punch Under Elbow
29	Step Back to Drive Away the Monkey (three steps)
30	Diagonal Flying
31	Withdraw and Push
32	Cloud Hands (three steps)
33	Single Whip
34	Snake Creeps Down (squatting single whip)
35	Golden Cockerel Stands on Left Leg
36	Golden Cockerel Stands in Right Leg
37	Separate Left Leg, Chop and Kick
38	Separate Right Leg, Chop and Kick
39	Turn the Body, Kick Low with Heel
40	Brush Left Knee and Push
41	Brush Right Knee and Push
42	Brush Left Knee and Punch Low
43	Part Horse's Mane
44	Ward Off Right (look in the mirror)
45	Roll Back
46	Press
47	Withdraw and Push
48	Single Whip
49	Fair Lady Works with Shuttles (1)
50	Fair Lady Works with Shuttles (2)
51	Fair Lady Works with Shuttles (3)
52	Fair Lady Works with Shuttles (4)
53	Ward Off Right (look in the mirror)



54	Ward Off Left
55	Roll Back (mirrored)
56	Press (mirrored)
57	Withdraw and Push (mirrored)
58	Single Whip (mirrored)
59	Snake Creeps Down (squatting single whip, mirrored)
60	Seven Stars
61	Step Back to Ride the Tiger
62	Turn Body, Sweep Lotus
63	Draw the Bow to Shoot the Tiger
64	Step and Deflect (mirrored)
65	Step and Punch (mirrored)
66	Withdraw, Separate and Push (mirrored)
67	Cross Hands
68	Close