

Dr. Shen Zaiwen's OLD YANG Short form

Revised - Jan. '10

1. Commencement (3 microcosmic orbits)
2. Yin Yang palms (5 counted from the right)
3. Yellow Dragon Goes to Hole
4. Ward off to the right.
5. Ward off to the left.
6. Grasp Bird's Tail (Ward off, Roll back, Press, Open, Push)
7. Turn and Single Whip
8. Fair Lady Works the Shuttles (Four Corners)
9. Brush knee and right palm strike
10. Yin Yang Palms, then Golden Cockerel Stands on L. (R. leg, R arm rise; L hand blocks low.)
11. Yin Yang Palms, then Golden Cockerel Stands on R. (L. leg, L arm rise; R hand blocks low.)
12. Repulse Monkey (3X)
13. R. Sweep (crescent kick) and 1 Fair Lady Works Shuttles to L. (turn and push to the rear)
14. Circle Punch
15. Turn and Slanted Flying
16. Step Up to Wave Hands Like Clouds (5X)
17. Single Whip
18. Snake Creeps Down
19. Step Up to Form Seven Stars
20. Walk Circle (7or 9 steps) and Sweep Lotus
21. Hold Tiger R. hand high and Hit Tiger to L.
22. Hold Tiger L. hand high and Hit Tiger to R.
23. Hold Tiger R. hand high, and let fists resolve or relax into next movement.
24. Yin Yang palms and Draw Bottle Gourd
25. Toe Kick to right corner and Snap Kick
26. Wind Pierces the Ears
27. Step Up, 2 Circles and L. Heel Kick
28. Pivot and R. Heel Kick
29. R. Instep Kick, Arm break, and Sink Down
30. Fan Through Back
31. Apparent Close-up
32. Turn and "look at the moon"
33. Conclusion (Orbits #1 and #3)

