10 Yang Style forms

1. Open/Commencing
2. 2 Repulse Monkey, Right & Left
3. Brush Knee Push, Left & Right
4. Part Wild Horses Mane , Left & Right
5. Hands Like Clouds, 2 On Left, 2 On Right
6. Golden Rooster, on Left, Golden Rooster on Right
7. Kick Right, Kick Left
8. Grasping Peacocks Tail Right, Grasping Peacocks, Tail Left
9. Cross Hands Embrace Tiger
10. Close Practice