

SHORT FORM



Aide memoir

Yang Family Style - thirty-seven 'postures', after Cheng Man-ch'ing (or Zheng Manqing).



1. Opening section
2. Brush knee pushes
3. Repulse monkeys & cloud hands
4. Kick section
5. Fair lady works at shuttles¹
6. Seven stars of the dipper²

1 = 'Four corners'

2 = 'Seven star fist'