



## Yang 24 List of Postures

### Sifu Lenny Aaron

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1	Tai Gek Hoi Sek	Tai Chi Opening
2	Yeh Ma Fun Chung	Part the Wild Horse's Mane
3	Bak Hok Leung Chi	White Crane Spreads its Wings
4	Lao Sup Ow Bo	Brush Knee Twist Step
5	Sau Fai Pei Pa	Hands Strum Lute
6	Do Gun Guang	Repulsing Monkey
7	Jor Lum Juk Mei	Caress Bird's Tail (Left)
8	Yow Lum Juk Mei	Caress Bird's Tail (Right)
9	Dun Bin	Single Whip
10	Wan Sau	Cloudy Hands
11	Dun Bin	Single Whip
12	Go Tam Ma	High Pat On Horse
13	Yow Dun Guerk	Right Kick
14	Seung Fung Goon Yee	Twin Peaks Strike Ears
15	Jor Dun Guerk	Left Kick
16	Jor Ha Sai - Gam Gai Dok Lup	Snake Creeps Down & Golden Cock Stands on One Leg (L)
17	Yow Ha Sai - Gam Gai Dok Lup	Snake Creeps Down & Golden Cock Stands on One Leg (R)
18	Yow Jor Yok Noi Chuen Saw	Fair Maiden Works the Shuttles (R & L)
19	Hoi Dai Jum	Needle to the Bottom of the Sea
20	Sim Tong Bei	Fan Through Back of Mountain
21	Poon Lan Choi	Deflect Downward, Parry & Punch
22	Yee Fung Chee Bai	Apparently Closed up
23	Sup Tze Sao	Cross Hands
24	Tai Gek Sau Sek	Tai Chi closing