

Yang 108 Levels 1- 6

Revision 14 - Mar 2023

1	Commence	2	Drop right arm then 9 and 3	3	drop & sweep hands to left	4	Repulse monkey 1-3	5	Turn left & cloud hands 1-6	6	Turn to chop & cross hands	Continued	
1	Floating hands	2	Turn left & double block	3	Brush knee 1-3	4	Pivot right block & chop	5	Hook & mirror then snake	6	Single whip	6	Kick, jab & parry
1	Hold ball & brush to right	2	Step & shoulder ram	3	Needle at sea bottom	4	Double block & strike	5	Golden cock on left leg	6	Cloud hands 1-6 (Step on 3)	6	Punch to heart & rock back
1	Hold ball & brush to left	2	White crane	3	Fan to back on left	4	Pivot and parry	5	Turn left	6	Hold ball & Stroke bird right	6	Close the door
1	Hold ball & brush to right	2	Left over right & right over left	3	Hook and mirror	4	Step & punch to groin	5	Hook & mirror then snake	6	Hold ball & Stroke bird left	6	Turn left to chop
1	Left hand up and pull back	2	Brush knee 1-3	3	Snake creeps down	4	Needle at sea bottom	5	Golden cock on right leg	6	High pat horse, heel & jab	6	Cross hands & shoulder width
1	Wrist on wrist, sep hands & rock back	2	Half a step & guitar left side	3	Touch fingertips to right corner	4	Fan to back on right	5	Left heel & punch tiger	6	Circle & swing kick to right	6	Close
1	Push to close door	2	Block with left & turn to chop	3	Seven star punch	4	High pat horse, step and jab	5	Circle & shin kick with left leg	6	Grind corn		
1	Sweep left & cross hands	2	Sweep with right and slant fly left	3	Hold ball & jade lady 1. R Toe	4	Block with left & slant fly right	5	Ride the tiger - left	6	Swing kick to left		
1	Hook and mirror with single whip	2	Block with left & knuckle strike	3	Hold ball & jade lady 2. L heel	4	Step through to parry	5	From right side wrist on wrist	6	Brush knee 1-2		
1	Sweep with left then right	2	Balance, kick and jab	3	Hold ball & jade lady 3. R Toe	4	Fingers to left corner	5	Pull back & close door	6	Press & Sweep hands left		
1	Play guitar on right side	2	Step & punch to heart right hand	3	Hold ball & jade lady 4. L heel	4	Seven star punch	5	Circle & shin kick with right leg	6	Punch under right elbow		
		2	Fend off, rock back & push close door	3	Press & Sweep hands right			5	Ride the tiger - right	6	Repulse monkey 1-3		
		2	Turn, keep left hand & chop right	3	Punch under left elbow			5	Lotus kick standing on right leg	6	Pivot left block and chop		
		2	Cross hands					5	Bend the bow to left	6	Turn left & parry		
								5	Block with right and strike left	6	Punch to groin & back to crane		
								5	High kick with right leg	6	Lotus kick standing on left leg		
								5	High kick with left leg	6	Bend the bow to right		
								5	Punch tiger ahead	6	Block left & knuckle strike		