



## 18 Form Fan Yang Style

1. Starting form- feet together, step outward, lift arms and bend wrists
2. Hold the moon- push left, flatten palm , cross body, open fan
3. Willow waves and breeze- look up to right, lift, flat circles, and press
4. Dust against the wind- after flat circles, snap fan open and hold
5. Waves upon Waves- rock forward
6. Old Man Angling- look upward with fan and press forward, follow step
7. Split the horse – snap- left foot at angle, left hand up blocking head, right arm extended,

8. Turn around and strike- draw left and right hands toward each other, pivot behind you, open fan
9. Holy Dragon Turns Head- big circles left and right , high right hand fan, step behind, open and sit
10. Open fan with legs apart ( facing your 3 o'clock position)> dip fan
11. Push boat along the current – present fan
12. Pluck fan both sides- this posture is like turn and strike but ends with open fan
13. Hold fan in horse stance- facing midnight
14. White crane spreads its wings- 3 times
15. Wind scatters lotus leaves – bagua step in circle starting to right
16. Spring returns to the land – step right flat fan
17. Cross knees and open fan- flip fan
18. Closing form