

Yang Style Long Form Analysis

Posture	Dominant Phase	Direction	Yin Organ	Yang Organ
Raise Hands	Earth	Center	Spleen	Stomach
Ward Off	Metal	West	Lungs	Large Intestine
Roll-Back	Wood	East	Liver	Gall Bladder
Press	Metal	West	Lungs	Large Intestine
Push	Metal	West	Lungs	Large Intestine
Single Whip	Metal	West	Lungs	Large Intestine
Lift Hands	Wood	East	Liver	Gall Bladder
White Crane	Earth	Center	Spleen	Stomach
Brush Knee	Metal	West	Lungs	Large Intestine
Step Deflect	Metal	West	Lungs	Large Intestine
Close Door	Earth	Center	Kidneys/Spleen/Heart	Bladder/Stomach
Cross Hands	Earth	Center	Kidneys/Spleen/Heart	Small Intestine Bladder/Stomach
Embrace Tiger	Fire/Water	North/South	Kidneys/Heart	Small Intestine Bladder/Small Intestine
Punch Under Elbow	Earth	Center	Spleen	Stomach
Chop	Metal	West	Lungs	Large Intestine
Monkey	Wood	East	Liver	Gall Bladder
Diagonal Flying	Metal	West	Lungs	Large Intestine
Needle	Wood	East	Liver	Gall Bladder
Fan Back	Metal	West	Lungs	Large Intestine
Wave Hands	Earth	Center	Spleen	Stomach
Pat Horse	Wood	East	Liver	Gall Bladder
Kicks	Metal	West	Lungs	Large Intestine
Punch Down	Metal	West	Lungs	Large Intestine
Turn to Strike Tiger	Earth	Center	Spleen	Stomach
Both Fists	Metal	West	Lungs	Large Intestine
Fair Lady	Metal/Water/Fire	West/North/South	Lungs/Kidneys/Heart	Large & Small Intestines Bladder
Snake Creeps Down	Metal	West	Lungs	Large Intestine
Golden Cock Stands	Earth	Center	Spleen	Stomach
White Snake Spits	Metal	West	Lungs	Large Intestine
Seven Stars	Metal	West	Lungs	Large Intestine
Ride Tiger	Wood	East	Liver	Gall Bladder
Bend Bow	Fire/Metal	South/West	Heart/Lungs	Small & Large Intestines