

# Yang Cheng Fu - Long form SYLLABUS FOR STAGE II

## FIRST TERM

1. Attention
  2. Preparation
  3. Beginning
  
  4. Ward Off Left
  5. Ward Off Right
  6. Roll Back
  7. Press
  8. Push
- Grasp Sparrows Tail**
9. Single Whip
  10. Lifting Hands
  11. Shoulder stroke
  12. White Crane Spreading Wings
  
  13. Brush Left Knee and Push
  14. Play Guitar
  15. Brush Left Knee and Push
  16. Brush Right Knee and Push
  17. Brush Left Knee and Push
  18. Play Guitar
  19. Brush Left Knee and Push
  
  20. Step Forward, Deflect Downwards, Intercept and Punch
  21. Withdraw and Push
  22. Crossing Hands
  
  23. Embrace Tiger to Return to Mountain
  24. Roll Back
  25. Press
  26. Push
  27. Diagonal Single Whip
  
  28. Punch Under Elbow
  29. Step Back to Repulse Monkey (R)
  30. Step Back to Repulse Monkey (L)
  31. Step Back to Repulse Monkey (R)
  32. Step Back to Repulse Monkey (-L)
  33. Step Back to Repulse Monkey (R)
  
  34. Diagonal Flying
  35. Lifting Hands
  36. Shoulder Stroke
  37. White Crane Spreading Wings
  38. Brush Left Knee and Push
  39. Needles at Sea Bottom
- (1A)

40. Iron Fan Penetrates Back
41. Turn Body, Chop and Push
42. Step Forward, Deflect Downwards, Intercept and Punch

### **43. Flat Fist and Cut (L)**

44. Ward Off Left
45. Ward Off Right
46. Roll Back
47. Press
48. Push

### **Grasp Sparrows Tail**

49. Single Whip

### **50. Waving Hands in the Clouds (R)**

### **51. Waving Hands in the Clouds (L)**

### **52. Waving Hands in the Clouds (R)**

**(1)**

### **53. Waving Hands in the Clouds (L)**

### **54. Waving Hands in the Clouds (R)**

### **55. Single Whip**

### **56. High Pat on Horse**

### **57. Separate Right Foot**

### **58. Separate Left Foot**

## **SECOND TERM**

### **59. Turn Round and Kick with Heel (L)**

### **60. Brush Left Knee and Push**

### **61. Brush Right Knee and Push**

### **62. Brush Left Knee and Punch Downwards**

### **63. Turn Body, Chop and Push**

### **64. Step Forward, Deflect Downwards, Intercept and Punch**

### **65. Kick Upwards (R)**

### **66. Strike Tiger (L)**

### **67. Strike Tiger (R)**

### **68. Kick Upwards (R)**

### **69. Strike Tigers Ears**

### **70. Kick with Heel (L)**

### **71. Turn and Kick with Heel (R)**

### **72. Step Forward, Deflect Downwards, Intercept and Punch**

### **73. Withdraw and Push**

### **74. Crossing Hands**

### **75. Embrace Tiger to Return to Mountain**

### **76. Roll Back**

### **77. Press**

### **78. Push**

### **79. Slanting Single Whip**

- 80. Parting Wild Horse's Mane (R)
- 81. Parting Wild Horse's Mane (L)

- 82. Parting Wild Horse's Mane (R)
- 83. Parting Wild Horse's Mane (L)
- 84. Parting Wild Horse's Mane (R)

### **85. Cup Elbow and Horizontal Split (R)**

- 86. Ward Off Left
- 87. Ward Off Right
- 88. Roll Back Grasp Sparrows Tail
- 89. Press
- 90. Push

- 91. Single Whip

- 92. Fair Lady Weaves Shuttles (R)**
- 93. Fair Lady Weaves Shuttles (L)**
- 94. Fair Lady Weaves Shuttles (R)**
- 95. Fair Lady Weaves Shuttles (L)**

### **96. Pull and Push Shoulder (R)**

- 97. Ward Off Left
- 98. Ward Off Right
- 99. Roll Back Grasp Sparrows Tail
- 100. Press
- 101. Push
- 102. Single Whip

### **THIRD TERM**

- 103. Waving Hands in the Clouds (R)**
- 104. Waving Hands in the Clouds (L)**
- 105. Waving Hands in the Clouds(R)** (2)
- 106. Waving Hands in the Clouds (L)**
- 107. Waving Hands in the Clouds(R)**
- 108. Single Whip

- 109. Squatting Single Whip
- 110. Golden Rooster Stands on One Leg (R)
- 111. Golden Rooster Stands on One Leg (L)

- 112. Step Back to Repulse Monkey (R)
- 113. Step Back to Repulse Monkey (L)
- 114. Step Back to Repulse Monkey (R) (1B)
- 115. Step Back to Repulse Monkey (L)
- 116. Step Back to Repulse Monkey (R)
- 117. Diagonal Flying
- 118. Lifting Hands
- 119. Shoulder Stroke
- 120. Hammer

- 121. Lifting Hands
- 122. Elbow Strike
- 123. Shoulder Stroke
- 124. White Crane Spreading Wings
- 125. Brush Left Knee and Push
- 126. Needles at Sea Bottom
- 127. Iron Fan Penetrates Back

- 128. Turn Body, White Snake Puts Out Tongue and Push
- 129. Step Forward, Deflect Downwards, Intercept and Punch

### **130. Flat Fist and Cut (L)**

- 131. Ward Off Left
- 132. Ward Off Right
- 133. Roll Back
- 134. Press
- 135. Push

**Grasp Sparrows Tail**

- 136. Single Whip
- 137. **Waving Hands in the Clouds (R)**
- 138. **Waving Hands in the Clouds (L)**
- 139. **Waving Hands in the Clouds(R)**
- 140. **Waving Hands in the Clouds (L)**
- 141. **Waving Hands in the Clouds(R)**
- 142. Single Whip

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- 143. High Pat on Horse
- 144. Thrusting Hand

- 145. Turn and Kick with Heel (R)
- 146. Parry, Brush Left Knee and Punch to Groin (R)

### **147. Flat Fist and Cut**

- 148. Ward Off Left
- 149. Ward Off Right
- 150. Roll Back
- 151. Press
- 152. Push

**Grasp Sparrows Tail**

- 153. Single Whip
- 154. Squatting Single Whip

- 155. Step Forward to The Seven Stars
- 156. Step Back to Ride Tiger
- 157. Turn Body and Sweep Lotus with Leg
- 158. Bend Bow to Shoot Tiger
- 159. Step Forward, Deflect Downwards, Intercept and Punch
- 160. Withdraw and Push
- 161. Crossing Hands
- 162. Conclusion
- 163. Attention