

Modified Yang Style 10 Form Sequence

1. Commencement



2. Repulse Monkey



3. Brush Knee



4. Part the Wild Horse's Mane



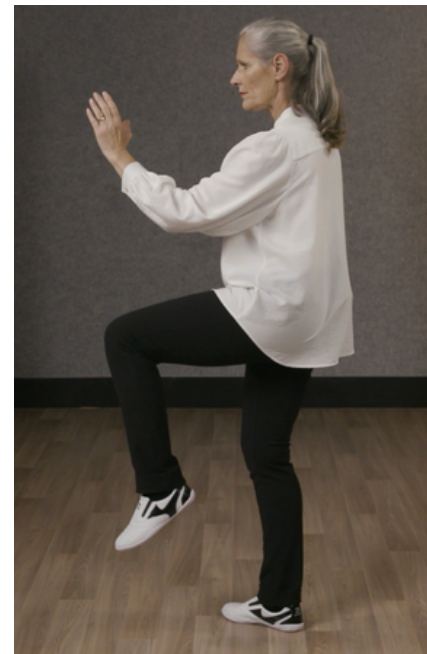
5. Cloud Hands



6. Golden Rooster Stands on One Leg



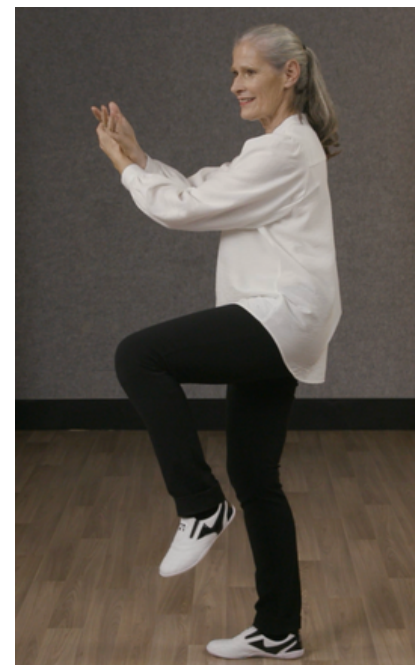
Easier Option



Harder Option



7. Kick with Heel

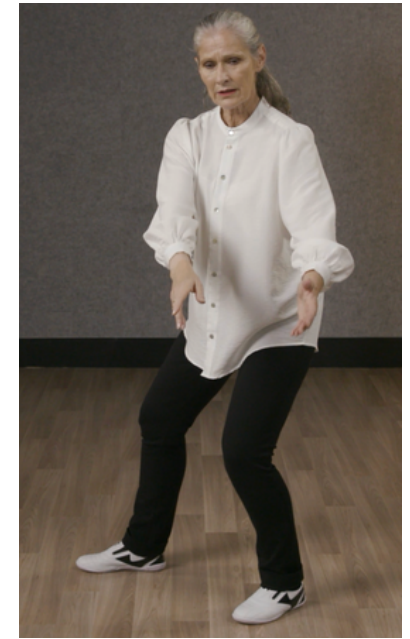
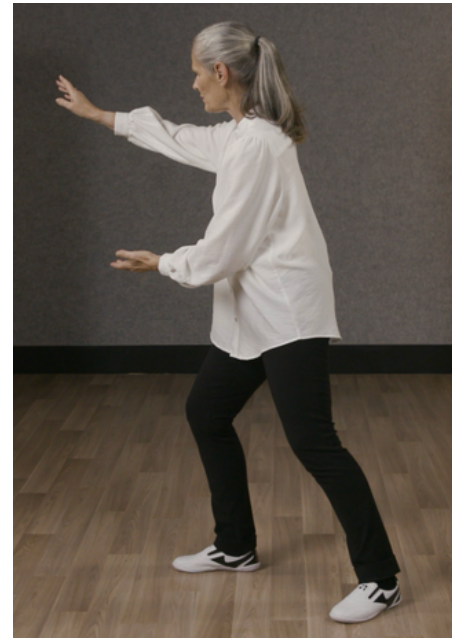


Easier Option

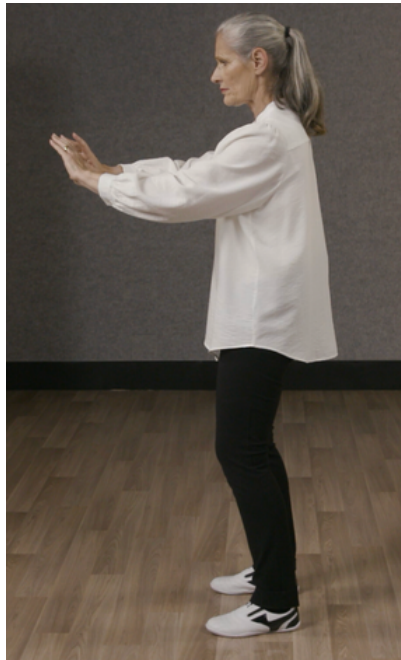


Harder Option

8. Stroke Peacock's Tail/ Grasp Bird's Tail



9. Embrace the Tiger



10. Closing

