

## John Ding Simplified Yang Style Form

No	Chinese Name (Cantonese)	English Name	Direction
1.1	Tai Chi Hei Sai	Commencement – stand with feet together	North
1.2		Right Foot Apart And Hands On The Side	North
1.3		Lift and Lower Hands	North
1.4		Circle Both Hands From Right to Left	North
2.1	Hup Sau	Shift Weight to Right Foot And Hold The Ball	North-East
2.2	Lan Cheuk Mei - Pang	Grasp The Bird's Tail - Ward off (Left)	North
2.3	Lan Cheuk Mei - Siong Pang	- Double Ward Off	East
2.4	Lan Cheuk Mei - Lui	- Roll Back(Left)	North-East
2.5	Lan Cheuk Mei - Jai	- Press	East
2.6	Lan Cheuk Mei - Aun	- Push	East
3.1	Jor Toi Sau	Sit Back And Push To The Left	North-West
3.2	Yau Toi Sau	Sit Back And Push To The Right	North-East
4	Tan Pien	Single Whip	West
5	Chou Di Chui	Fist Under Elbow	West
6.1	Yau Dou Nien Hou	Back Stepping Monkey (Right)	West
6.2	Jor Dou Nien Hou	Back Stepping Monkey (Left)	West
6.3	Yau Dou Nien Hou	Back Stepping Monkey (Right)	West
7	Che Fey Sai	Diagonal Flying (Right)	North-West
8	Tei Sau	Lift Hands	North
9.1		Pull Down (Left)	North
9.2		Elbow/Shoulder Stroke	North
9.3	Lan Cheuk Mei - Pang	Grasp The Bird's Tail –Ward off (Right)	North
10	Bak Hock Liang Che	White Crane Spread Its Wings	West
11	Jor Lou Sut Aou Bo	Left Brush Knee and Push (Right)	West
12	Yeh Ma Fun Tsung	Parting The Horse Mane (Left)	South-West
13	Yau Teng Geuk	Kick To The Right	North-West
14	Jor Teng Geuk	Kick To The Left	South-West
15	Jor Lou Sut Aou Bo	Left Brush Knee and Push (Right)	West
16		Right Hand Form Fist, Bring it Down To The Left	South-West
17	Sheung Bo Boon Lan Chui	Step Forward, Parry and Punch	West
18	Yue Fung Che Bie	Apparent Close Up and Push	West
19	Sup Zi Sau	Crossing Hands	North
20	Hup Tai Gik Sai	Conclusion	North