

BEGINNING FORM CLASS

- 1. Preparation**
- 2. Beginning**
- 3. Grasping the Sparrow's Tail, Ward-off Left**
- 4. Grasping the Sparrow's Tail, Ward-off Right**
- 5. Grasping the Sparrow's Tail, Rollback**
- 6. Grasping the Sparrow's Tail, Press**
- 7. Grasping the Sparrow's Tail, Push**
- 8. Single Whip**
- 9. Lift Hands**
- 10. Shoulder Strike**
- 11. White Crane Spreads Wings**
- 12. Brush Knee Twist Step, Left**
- 13. Play the Lute (Repeat #12)**
- 14. Deflect Downward, Chop, and Punch**
- 15. Withdraw and Push**
- 16. Cross Hands**
- 17. Embrace Tiger Return to Mountain (Repeat #5, 6, 7, 8)**
- 18. Fist Under Elbow**

INTERMEDIATE FORM CLASS

- 19. Step Back to Repulse Monkey, Right**
- 20. Step Back to Repulse Monkey, Left**
- 21. Diagonal Flying**
- 22. Wave Hands in Clouds, Right**
- 23. Wave Hands in Clouds, Left**
- 24. Squatting Single Whip**
- 25. Golden Cock, Right**
- 26. Golden Cock, Left**
- 27. Separate Right Foot**
- 28. Separate Left Foot**
- 29. Turn and Kick with Heel (Repeat #12)**
- 30. Brush Knee Twist Step, Right**
- 31. Low Punch (Repeat #4, 5, 6, 7, 8)**
- 32. Fair Lady Works at Shuttle, Right**
- 33. Fair Lady Works at Shuttle, Left (Repeat #32, 33, 3, 4, 5, 6, 7, 8,**
- 34. Step Forward to Seven Stars**
- 35. Step Back and Ride Tiger**
- 36. Turn and Sweep the Lotus**
- 37. Bend Bow Shoot Tiger (Repeat 14, 15, 16)**
- ** Conclusion**