

## Long Form

Beginning	Play Guitar
Raise Hands	Get Needle from Sea Bottom (right foot)
Grasp Sparrows Tail	Push like a Fan
Ward Off Left	Turn and Strike like a Hammer (Snake Flicks Tongue)
Ward Off Right	
Roll Back	Step Forward, Parry and Punch
Press	Grasp Sparrows Tail
Push	Ward Off Right
Single Whip	Roll Back
Lift Hands	Press
Lean Forward	Push
White Crane Spreads Wings	Single Whip
Brush Left Knee and Push	Wave Hands in Clouds (1 <sup>st</sup> var)
Play Guitar	Single Whip
Brush Left Knee and Push	High Pat on Horse
Brush Right Knee and Push	Separate Right Foot
Brush Left Knee and Push	High Pat on Horse
Play Guitar	Separate Left Foot
Brush Left Knee and Push	Turn and Strike with Left Heel
Step Forward, Parry and Punch	Brush Left Knee and Push
Withdraw and Push	Brush Right Knee and Push
Cross Hands	Brush Left Knee and Punch Low
	Turn and Strike like a Hammer
Embrace Tiger, Return to Mountain	Step Forward, Parry and Punch
Grasp Sparrows Tail	Guard Right Elbow
Roll Back	Strike with Right Heel and Push
Press	Hit Tiger Left
Push	Hit Tiger Right
Diagonal Single Whip	White Monkey Offers Fruit
Fist Under Elbow	Two Winds Pass Through Ears
Step Back, Repulse Monkey	Pull Down
Right	Separate Left Foot
Left	Turn and Strike with Right Heel
Right	Step Forward, Parry and Punch
Diagonal Flying	Withdraw and Push
Lift Hands (2 <sup>nd</sup> var)	Cross Hands
Lean Forward	
White Crane Spreads Wings	
Brush Left Knee and Push	

Embrace Tiger and Return to Mountain

Grasp Sparrows Tail

Roll Back

Press

Push

Diagonal Single Whip

Part the Wild Horse's Mane

Right

Left

Right

Grasp Sparrows Tail

Ward off, left

Ward off, right

Roll Back

Press

Push

Single Whip

Fair Lady Works at Shuttles

Northeast

Northwest

Southwest

Southeast

Grasp Sparrows Tail

Ward off, left

Ward off, right

Roll Back

Press

Push

Single Whip

Wave Hands in Clouds (2<sup>nd</sup> var)

Snake Creeps Down

Golden Rooster Stands on Left Foot

Golden Rooster Stands on Right Foot

Step Back, Repulse Monkey Diagonally

Right

Left

Right

Diagonal Flying

Lift Hands (3<sup>rd</sup> var)

Press open palm like knife

Strike with elbow

Strike with shoulder

White Crane Spreads Wings

Brush Left Knee and Push

Get Needle from Sea Bottom (left foot)

Push Like a Fan

Turn and Strike like a Hammer (diagonal)

Step Forward, Parry and Punch

Grasp Sparrows Tail

Ward off, right

Roll Back

Press

Push

Single Whip

Wave Hands in Clouds (3<sup>rd</sup> var)

Single Whip

Thread the Palm

Turn and Strike with Right Heel

Brush Left Knee and Punch Low

Grasp Sparrows Tail

Ward off, right

Roll Back

Press

Push

Single Whip

Snake Creeps Down

Step Forward to the Seven Stars

Step Back and Ride the Tiger

Sweep and Lotus Kick

Bend Bow, Shoot Tiger (1<sup>st</sup> var)

Turn, Push and Strike with Right Arch

Bend Bow, Shoot Tiger (2<sup>nd</sup> var)

Step Forward, Parry and Punch

Withdraw and Push

Cross Hands