

Separate Hands

Side A

Step Forward and Punch
Ward Off and Punch
Turn, Step Forward and Shoulder Left
Hold Right and Elbow Left
Hit Like a Hammer Left
Step to Right, Turn and Hit Tiger Left
Lift Hand
Deflect and Punch
Pull Left and Split Right
Hit Tiger Right
Step Forward and Hit Left
Separate Hands and Kick with Right Heel
Split with Right Hand
Ward Off Left and Punch with Right Hand
Brush Knee, Shoulder Left and Guard Elbow
Turn and Roll Back
Step Forward and Push
Push Right Arm
Push Forward
Duck, Protect and Push
Step Forward and Split
Hit Tiger Right
Step Forward and Press Left
Separate Arm and Shoulder Right
Elbow Right
Step Backward, Pull Downward
Step Back, Turn, Step Forward and Shoulder Left
Turn, Separate Right, Turn, Separate Left Foot
Shoulder Right
Step Forward and Ward Off Left
Step Forward and Ward Off Right
Ward Off Left and Punch right
Step Forward, High Pat On Horse, Strike w/Left Heel
Turn With Lotus Kick
Snake Creeps Down
Hit Tiger Left
Step Back and Repulse Monkey I
Step Back and Repulse Monkey II
Step Back and Repulse Monkey III
Get Needle at Sea Bottom
Play Lute
Turn, Single Whip, Right
Step Forward and Cross Arm
Step Back, Turn and Roll Back
Step Forward, Turn and Ride Tiger

Side B

Lift Hand
Deflect and Punch
Right Hit Tiger
Push Right
Step Forward and Shoulder Right
Punch Right
Turn and Push
Deflect and Punch
Turn, Separate Wild Horse's Mane, Left
Turn, Step Back and Roll Back
Turn and Push
Brush Knee and Punch Downward
Fair Lady Works at Shuttle, Right
White Crane Spreads Wings, Kick w/Left Heel
Step Back and Split Left
Two Winds Pass Through Ears
Neutralize Left and Punch with Right Fist
Rub with Right Arm
Neutralize and Strike with Right Palm
Neutralize and Strike with right Elbow
Split, Left Arm
Turn, Step Back and Roll Back
Press Forward
Turn and Shoulder Left
Turn, Golden Cock Stands on One Leg
Separate Arm, Step Forward and Strike w/Left Heel
Step Back and Split
Brush Right Knee
Brush Left Knee
Shoulder Right
Wave Hand in Cloud, Right
Wave Hand in Cloud, Left
Turn Right and Punch
White Crane Spread Wings and Swing Right Foot
Diagonal Flying, Left
Diagonal Flying, Right
Ward Off Left and Punch
Step Forward and Strike with Left Palm
Strike with Right Palm
Step Forward to Seven Stras
Spread Arms like a Fan
Bend Bow and Shoot Tiger
Fist Under Elbow
Embrace Tiger, Return to Mountain
Step Forward, Turn Right and Pull Back
Turn, Step Backward and Ride Tiger