

Simplified Form

Beginning	Golden Rooster Stands on Right Foot
Raise Hands	High Pat on Horse
Grasp Sparrows Tail	Separate Right Foot
Ward Off Left	High Pat on Horse
Ward Off Right	Separate Left Foot
Roll Back	Turn and Strike with Left Heel
Press	Brush Left Knee and Push
Push	Brush Right Knee and Push
Single Whip	Brush Left Knee and Punch Low
Lift Hands	Grasp Sparrows Tail
Lean Forward	Ward Off Right
White Crane Spreads Wings	Roll Back
Brush Left Knee and Push	Press
Play Guitar	Push
Brush Left Knee and Push	Single Whip
Step Forward, Parry and Punch	Fair Lady Works at Shuttles
Withdraw and Push	Northeast
Cross Hands	Northwest
Embrace Tiger, Return to Mountain	Southwest
Grasp Sparrows Tail	Southeast
Roll Back	Grasp Sparrows Tail
Press	Ward Off Left
Push	Ward Off Right
Diagonal Single Whip	Roll Back
Fist Under Elbow	Press
Step Back, Repulse Monkey	Push
Right	Single Whip
Left	Snake Creeps Down
Right	Step Forward to the Seven Stars
Diagonal Flying	Step Back and Ride the Tiger
Wave Hands in Clouds	Sweep and Lotus Kick
Single Whip	Bend Bow, Shoot Tiger
Snake Creeps Down	Step Forward, Parry and Punch
Golden Rooster Stands on Left Foot	Withdraw and Push
	Cross Hands