



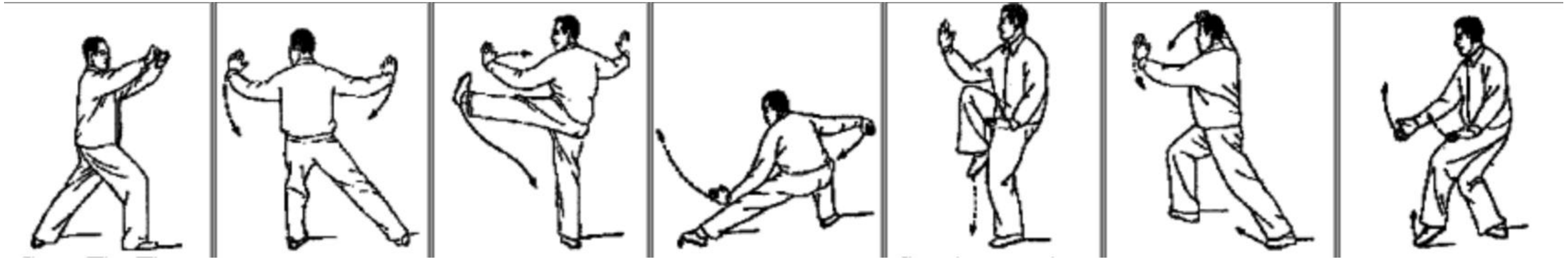
Commencing Form	Parting the Wild Horse's Mane (LRL)	White Crane Spreads Wings	Brush Knee, Push Hand (LRL)	Strumming the Lute	Repulse Monkey (RLRL)	Hold Ball, Ward Off
Begin	Part the Horse's Mane (LRL)	White Crane Spreads it's Wings	Brush Knee, Push (LRL)	Playing the Lute/Pipa	Reverse Reeling Forearm	Ward Off
Starting Form			Brush Knee, Step Forward			
<i>Qishi</i>	<i>Yema Fenzong</i>	<i>Baithe Liangchi</i>	<i>Louxi Aobu</i>	<i>Shouhui Pipa</i>	<i>Daojuan Gong</i>	<i>Peng</i>
1	2	3	4	5	6	7





Grasp the Sparrows Tail Left	Sit Back, Press Forward	Open up, Move Back, Push Turn	Single Whip	Cloud Hands	Single Whip and High Pat on Horse	Right Heel Kick
Grasp Birds Tail	Sit Back, Press	<i>After Turn repeat all this colour block to the <b>right</b></i>		Waving hands like clouds		
	Roll back and Press Forward			Cloud hands going left		
<i>Zoulan Quewei</i>	<i>Zoulan Quewei</i>	<i>Youlan Quewei</i>	<i>Danbian</i>	<i>Yunshou</i>	<i>Danbian, Gaotan Ma</i>	<i>You Dengjiao</i>
8	8	8	9	10	11	12





Carry The Tiger Over The Mountain	Carry The Tiger Over The Mountain	Left Heel Kick	Snake Creeps Through The Grass (L)	Golden Cock Stands on Left Leg	Old Lady Works Loom Right and Left	Needle Sea Bottom
Strike to Ears With Both Fists	<i>Turn Body</i>		Snake Creeps Down	Golden Rooster stand on one leg	Shuttle Back and Forth	Scoop Up Needle at Bottom of Sea
			Brush Knee, and Step Forward	<i>Snake Creeps Down and Golden Cock. Repeat (R)</i>		
<i>Shuangfeng Guaner</i>	<i>Shuangfeng Guaner</i>	<i>Zhuanshen Dengjiao</i>	<i>Zuo Xiashi Duli</i>	<i>You Xiashi Duli</i>	<i>Chuansuo</i>	<i>Haidizhen</i>
13	13	14	15	16	17	18





Back Fan	Turn	Drop Kick, Drop Punch	Push, Twist Punch	Withdraw Punch	Cross Hands (X-Factor)	Closing Form
Fan Through Back	<i>Turn Body</i>	Turn, Deflect	Parry, Punch	Apparent Close	Gathering Energy	Return Energy, Step in, Bow
			Brush Knee, and Step Forward	Appears Closed	Closing the Gates	
<i>Shan Tong Bei</i>	<i>Zhuanshen Ba</i>	<i>Zhuanshen Ba</i>	<i>Zhuanshen Ba</i>	<i>Rufeng Sibi</i>	<i>Shizishou</i>	<i>Shoushi</i>
19	20	21	22	22	23	24

