

- 1 **Beginning**
- 2 **Grasp Sparrow's Tail (right)** Then right hand coils counterclockwise as you go to
- 3 **Grasp Sparrow's Tail (left)**
- 4 **Ward Off** Then right hand coils clockwise leading into...
- 5 **Roll Back** After Roll Back is the "signature move."
- 6 **Press**
- 7 **Push** Then right hand coils clockwise leading into...
- 8 **Single Whip**
- 9 **Lift Hands to the Up Posture**
- 10 **Crane Spreads Wings**
- 11 **Brush Knee and Step Forward (left)**
- 12 **Play Guitar**
- 13 **Brush Knee and Step Forward (left)** Left means left leg forward.
- 14 **Brush Knee and Step Forward (right)** Right means right leg forward.
- 15 **Brush Knee and Step Forward (left)**
- 16 **Play Guitar**
- 17 **Brush Knee and Step Forward (left)**
- 18 **Twist Body and Circle Fist**
- 19 **Step Forward, Deflect Downward, Parry and Punch**
- 20 **Seal Tightly** As right fist retracts, after it clears the left hand, it coils counterclockwise.
- 21 **Embrace Tiger and Return to Mountain**
- 22 **Close Taiji**

- Transition Form**
- 23 Wardoff, Rollback, Press, and Push**
- 24 Single Whip** then back foot comes forward and hands go up like Stand High to Search Out Horse, R foot steps out to side, R arm blocks across face leading to...
- 25 Punch under the Elbow**
- 26 Step back and Repulse the Monkey (left)**
- 27 Step back and Repulse the Monkey (right)**
- 28 Step back and Repulse the Monkey (left)**
- 29 Diagonal Flying** when transitioning into this, L hand seals down, R hand comes over the top
- 30 Lift Hands to the Up Posture**
- 31 Crane Spreads Wings**
- 32 Brush Knee and Step Forward (left)**
- 33 Pick Up Needle from the Sea Bottom** R palm faces IN
- 34 Fan Back** Deng Shan Bu (not triangle body). R palm faces OUT
- 35 Turn, Twist Body and Circle the Fist**
- 36 Step Forward, Deflect downward, Parry and Punch**
- 37 Step Forward, Wardoff, Rollback, Press and Push**
- 38 Single Whip**
- 39 Wave Hands in Clouds (right)** Keep Peng as you rotate. Chest out only as you transition at the end of each one.
- 40 Wave Hands in Clouds (left)**
- 41 Wave Hands in Clouds (right)**
- 42 Single Whip** then L foot steps back leading to...
- 43 Stand High to Search out the Horse**
- 44 Separate Right Foot** a fast snap kick touching the R palm
- 45 Separate Left Foot** a fast snap kick touching the L palm. Then don't step down, just ...
- 46 Turn and Kick with the Heel** (90 degrees left) A fast kick. Shout "Ha!"
- 47 Brush Knee and Step Forward (left)**
- 48 Brush Knee and Step Forward (right)**
- 49 Step Forward and Strike Down with the Fist** R hand chambers
- 50 Turn, Twist body and Circle the Fist**
- 51 Step Forward, Deflect downward, Parry and Punch**
- 52 Kick Right** Heel kick, then step forward into Deng Shan Bu as arms do Crane Spreads Wings. Then L hand wipes off R forearm leading to...
- 53 Strike the Tiger (right)**
- 54 Strike the Tiger (left)**
- 55 Kick Right**
- 56 Attack the Ears with the Fists**
- 57 Kick Left**
- 58 Turn and Kick with the Heel** (270 degrees left) A fast kick. Shout "Ha!"
- 59 Twist Body and Circle the Fist**
- 60 Step Forward, Deflect downward, Parry and Punch**
- 61 Seal Tightly**
- 62 Embrace the Tiger and Return to the Mountain**
- 63 Close Taiji**

- Transition Form**
- 64 **Wardoff, Rollback, Press, and Push**
- 65 **Single Whip** then no stepping, just turn, as you do ...
- 66 **Wild Horse Parts Mane (right)** then step together and then out for ...
- 67 **Wild Horse Parts Mane (left)** then step together and then out for ...
- 68 **Wild Horse Parts Mane (right)** then no step, just turn, as you go to ...
- 69 **Grasp Sparrow's Tail (left)**
- 70 **Wardoff, Rollback, Press, and Push**
- 71 **Single Whip** then no stepping, and no sitting back, as you go directly into ...
- 72 **Fair Lady Weaves with Shuttle (left)** (Triangle body left)
(Left elbow stays low until the last second, then rotates away to open hole for the right hand to strike through...) then don't step, just turn, for ...
- 73 **Fair Lady Weaves with Shuttle (right)** then step together, then out for
- 74 **Fair Lady Weaves with Shuttle (left)** then step together, then out for
- 75 **Fair Lady Weaves with Shuttle (right)** then no step as you go to ...
- 76 **Grasp Sparrow's Tail (left)**
- 77 **Wardoff, Rollback, Press, and Push**
- 78 **Single Whip**
- 79 **Wave Hands in Clouds (right)** just once
- 80 **Single Whip**
- 81 **Snake Creeps Down** then left foot opens 45 degrees as you move into...
- 82 **Golden Rooster Stands on One Leg (right)**
L hand palm down, R hand palm in up center line, then rotates to knife edge forward, aligned with shoulder.
(Raised hand goes with raised leg.) For the kick, foot arcs out to waist level then retracts, slo-mo.
- 83 **Golden Rooster Stands on One Leg (left)** Switch legs and hands
- 84 **Repulse Monkey (left)** just once
- 85 **Diagonal Flying** when transitioning into this, L hand seals down, R hand comes over the top
- 86 **Lift Hands to the Up Posture**
- 87 **Crane Spreads Wings**
- 88 **Brush Knee and Step Forward (left)**
- 89 **Pick Up Needle from the Sea Bottom** R palm faces IN
- 90 **Fan Back** Deng Shan Bu (not triangle body). R palm faces OUT
- 91 **White Snake Turns and Spits Poison** finishes looking like Brush Knee
- 92 **Step Forward, Deflect Downward, Parry and Punch**
Make a large coil with the R fist, retracting to waist, then punch. Finish with your L palm at the R forearm.
- 93 **Step Forward, Wardoff, Rollback, Press and Push**
- 94 **Single Whip**
- 95 **Wave Hands in Clouds (right)** just once
- 96 **Single Whip** then L foot steps back leading to...

- 97 Stand High to Search out the Horse**
Then R hand covers across the body, and L foot steps forward into Deng Shan Bu for...
- 98 Cross Hands** Then arms come in toward the chest to block, and open as you...
- 99 Turn and Kick** Slow turn on left heel, 180 degrees right, then a slow heel kick with R foot.
- 100 Brush Knee and Punch Down**
Step down into Zuo Pan Bu, L hand sweeps across body to the left and R hand chambers at waist.
Then L foot steps forward into Deng Shan Bu and R hand punches.
- 101 Step Forward, Wardoff, Rollback, Press and Push**
- 102 Single Whip**
- 103 Snake Creeps Down**
- 104 Step Forward to the Seven Stars** Punch and then bring leg forward.
- 105 Step Back and Ride the Tiger**
- 106 Turn Body and Sweep Lotus with Leg**
This move has 3 kicks: R foot does Ramble kick to groin/knee/waist level (slo-mo) and then steps down behind you, to the left side of your left leg as you turn 180 degrees to the right... then 2 fast sweep kicks, first R leg and then L leg, both clockwise, hitting your raised R hand. Then you turn clockwise to face the opposite direction in Deng Shan Bu for...
- 107 Draw the Bow and Shoot the Tiger**
- 108 Twist Body and Circle Fist**
- 109 Step Forward, Deflect Downward, Parry and Punch**
- 110 Seal Tightly**
- 111 Embrace the Tiger and Return to the Mountain**
- 112 Close Taiji**
- 113 Return to the Original Stance**

End of Form