

Section One

1. Commencing Form
2. Grasp the Bird's Tail
3. Press, Ward off, Press, Double Palm Push
4. Single Whip
5. Raise Hands and Step Up
6. White Crane Spreads its Wings
 7. Brush Knee and Twist Step Left
8. Hand Strums the Lute
9. Brush Knee and Twist Step Left
10. Brush Knee and Twist Step Right
11. Brush Knee and Twist Step Left

12. Hand Strums the Lute
13. Brush Knee and Twist Step Left
14. Back Hand Strike with Right Fist and Left Palm Strike (twice)
15. Step Up, Deflect, Parry and Punch
16. Arm Sweep and Double Palm Push
17. Apparent Close Up, Cross Hands

Section Two

18. Carry the Tiger to the Mountain
19. Press, Double Palm Push
20. Single Whip, Fist Under the Elbow
21. Step Back and Repulse the Monkey – Right

22. Step Back and Repulse the Monkey – Left
23. Step Back and Repulse the Monkey – Right
24. Slant Flying
25. Raise Hands and Step Up
26. White Crane Spreads Its Wings
27. Brush Knee and Twist Step Left
28. Needle at Sea Bottom
29. Fan Through the Back
30. Back Hand Strike With Right Fist and Left Palm Strike – Twice
31. Step Up, Deflect, Parry and Punch
32. Press, Ward Off, Press, Double Palm Push

33. Single Whip

34. Wave Hands Like Clouds

35. Wave Hands Like Clouds

36. Wave Hands Like Clouds

37. Single Whip

38. High Pat on Horse

39. Separation of Right Foot, Right Toe Kick

40. Separation of Left Foot, Left Toe Kick

41. Turn and Kick with Left Heel

42. Brush Knee and Twist Step Left

43. Brush Knee and Twist Step Right

44. Step Up and Punch Downward

45. Back Hand Strike with Right Fist and Palm Strike with Left – Twice

46. Step Up, Deflect, Parry and Punch

47. Kick With Right Heel

48. Hit the Tiger – Left Style

49. Hit the Tiger – Right Style

50. Turn and Kick with Right Heel

51. Strike Opponents Ears with Both Fists

52. Kick With Left Heel

53. Turn and Kick With Right Heel

54. Step Up, Deflect Downward, Parry and Punch

55. Arm Sweep and Double Palm Push

56. Apparent Close Up, Cross Hands

Section Three

57. Carry the Tiger to the Mountain

58. Press, Double Palm Push

59. Single Whip

60. Part the Wild Horses Mane – Right

61. Part the Wild Horses Mane - Left

62. Part the Wild Horses Mane – Right

63. Grasp the Birds Tail

64. Press, Ward Off, Press, Double Palm Push

65. Single Whip

66. Fair Lady Works at Shuttles – Four Directions

67. Grasp the Birds Tail

68. Press Ward Off, Press, Double Palm Push

69. Single Whip

70. Wave Hands Like Clouds

71. Wave Hands Like Clouds

72. Wave Hands Like Clouds

73. Single Whip

74. Snake Creeps Low

75. Golden Cock Stands on One Leg – Right Style

76. Golden Cock Stands on One Leg – Left Style

77. Step Back and Repulse the Monkey – Right

78. Step Back and Repulse the Monkey – Left

79. Step Back and Repulse the Monkey – Right

80. Slant Flying

81. Raise Hands and Step Up

82. White Crane Spreads its Wings

83. Brush Knee and Twist Step – Left

84. Needle at Sea Bottom

85. Fan Through the Back

86. Back Hand Strike With Right Fist and Left Palm Strike – Twice

87. Step Up, Deflect, Parry and Punch

88. Push, Ward Off, Pull Back and Push, Double Palm Push

89. Single Whip

90. Wave Hands Like Clouds

91. Wave Hands Like Clouds

92. Wave Hands Like Clouds

93. Single Whip

94. High Pat On Horse, Thrust With Palm

95. Cross Legs and Kick With Right

96. Step Up and Punch Low

97. Press, Ward Off, Press, Double Palm Push

98. Single Whip

99. Snake Creeps Low

100. Step Up to Form 7 Stars

101. Retreat to Ride the Tiger

102. Turn Around and Sweep Lotus with One Leg

103. Shoot The Tiger With Bow

104. Back Hand Strike With Right Fist and Left Palm Strike

105. Step Up, Deflect, Parry and Punch

106. Arm Sweep and Double Palm Push

107. Apparent Close Up, Cross Hand

108. Restoring Form, Conclusion