

|  |             |   |
|--|-------------|---|
| Preparation  | N           |   |
| Beginning  | N           |   |
| Left Ward-off  | E           |   |
| Right Ward-off   | N           |   |
| Roll-back  | SE          |   |
| Press  | E           |   |
| Push   | E           |   |
| Single Whip #1   | W           |   |
| Lift Hands + Shoulder Strike + White Crane Spreads its Wings #1              | N, NW, W, W |   |
| Brush Left Knee and Twist (lift right foot at finish of move)                | W           |   |
| Play Guitar  | W           |   |
| Brush Left Knee and Twist  | W           |   |
| Brush Right Knee and Twist (lift right foot at finish of move)               | W           |   |
| Brush Left Knee and Twist  | W           |   |
| Play Guitar  | W           |   |
| Brush Left Knee and Twist  | W           |   |
| Chop with Fist   | W           |   |
| Deflect Downward, Parry and Punch #1   | SW          |   |
| Withdraw and Push  | W           |   |
| Cross Hands #1   | N           |   |
| Embrace Tiger Return to Mountain #1  | SE          |   |
| Grasp the Sparrow's Tail: Roll-Back, Press, Push on the diagonal             | SE          |   |
| Slanting Single Whip #2  | NW          |   |
| Fist Under Elbow   | W           |   |
| Step Back and Repulse the Monkey: Right, Left, Right, Left, Right #1         | W           |   |
| Diagonal Flying #1   | NE          |   |
| Transition + Lift Hands + Shoulder Strike + White Crane Spreads its Wings #2 | N           | weight on rt, then open hand as it goes up to strike, as weight shifts to left, strike downward with fist |
| Brush Left Knee and Twist  | W           |   |
| Pick up Needle at the Bottom of the Sea                                      | W           |   |
| Spread Hands Like a Fan #1   | W           |   |
| Turn & Strike Opponent with Fist   | E           |   |
| Transition: Conceal fist behind back   | E           |   |
| Step Forward, Deflect Downward, Parry and Punch #2                           | E           |   |
| Sit Back & hold ball on left, Step Forward into Right Ward-off               | E           |   |
| Grasp the Sparrow's Tail: Roll-back, Press, Push #2                          | E           |   |
| Single Whip #3   | W           |   |
| Wave Hands through Clouds, Left, right, left, right, left #1                 | N           |   |
| Single Whip #4   | W           |   |
| High Pat on a Horse  | W           |   |
| Step Back, Separate Arms and Kick (right)                                    | NW          |   |
| Step with right foot, Separate Arms and Kick (left)                          | SW          |   |
| Turn and Kick with Left Heel   | E           | adjust rt foot and kick with heel, plant the rt foot on the diagonal so you can go to deflect downward    |
| Brush Left Knee and Twist  | E           |   |
| Brush Right Knee and Twist   | E           |   |
| Step Forward and Low Punch #1  | E           |   |
| Spread Hands Like a Fan #2   | E           |   |
| Turn and Strike Opponent with Fist   | W           |   |
| Deflect Downward, Parry and Punch #3   | W           |   |
| Sit Back and Block   | W           |   |
| Separate Arms and Kick (right)   | NW          |   |
| Hit the Tiger, Left  | SW          |   |
| Hit the Tiger, Right   | NW          |   |
| Step Forward and Kick with Right Foot  | W           |   |
| Box Opponents Ears   | NW          |   |
| Kick with Left Heel  | W           |   |
| Turn and Kick with Right Heel  | 360 W       |   |
| Deflect Downward, Parry and Punch #4   | W           |   |
| Withdraw and Push  | W           |   |
| Cross Hands #2   | N           |   |
| Embrace Tiger Return to Mountain #2  | SE          |   |
| Grasp the Sparrow's Tail: Roll-back, Press and Push #2                       | SE          |   |
| Single Whip #5   | N           |   |
| Parting the Horse's Mane, Right  | E           |   |
| Parting the Horse's Mane, Left   | E           |   |
| Parting the Horse's Mane, Right  | E           |   |
| Ward-off, Left   | N           |   |
| Ward-off Right   | E           |   |
| Grasp the Sparrow's Tail: Roll-back, Press and Push #3                       | E           |   |
| Single Whip #6   | W           |   |
| Fair Lady Works the Shuttles(1)  | NE          |   |
| Fair Lady Works the Shuttles(2)  | NW          |   |
| Fair Lady Works the Shuttles(3)  | SW          |   |
| Fair Lady Works the Shuttles(4)  | SE          |   |
| Ward-off, Left   | N           |   |
| Ward-off Right   | E           |   |
| Grasp the Sparrow's Tail: Roll-Back, Press, and Push #4                      | E           |   |
| Single Whip #7   | W           |   |
| Wave Hands in Clouds: Left, Right, Left, Right, Left #2                      | N           |   |
| Single Whip #8   | W           |   |
| Snake Slides Down #1   | W           |   |
| Golden Pheasant Stands on Left Leg   | W           |   |
| Golden Pheasant Stands on Right Leg  | W           |   |
| Step Back and Repulse the Monkey: Right, Left, Right, Left, Right            | W           |   |
| Diagonal Flying  | NE          |   |
| Transition: Lift Hands + Shoulder Strike + White Crane Spreads its Wings #3  | N, NW, W, W |   |
| Brush Left Knee and Twist  | W           |   |
| Pick up Needle at Bottom of Sea  | W           |   |
| Separate Hands Like a Fan  | E           |   |
| Turn and Strike Opponent with Open hand                                      | E           |   |
| Transition: Conceal Fist Behind Back   | E           |   |
| Deflect Downward, Parry and Punch #5   | E           |   |
| Sit Back, Step Forward and Right Ward-off                                    | E           |   |
| Grasp the Sparrow's Tail: Roll-back, Press, Push #5                          | E           |   |
| Single Whip #9   | W           |   |
| Wave Hands in Clouds: Left, Right, Left, Right, Left #3                      | N           |   |
| Single Whip #10  | W           |   |
| High Pat on Horse  | W           |   |
| White Snake Thrusts out Tongue   | W           | like bear reaches for the moon, left hand up rt hand down. lft wtd at the end                             |
| Turn and Kick with Right Heel  | E           | big kick, pivot on lft heel to kick out, put rt heel down on diag to deflect downward and low punch       |
| Low Punch  | E           |   |
| Step Forward and Right Ward-off  | E           |   |
| Grasp the Sparrow's Tail: Roll-back, Press, Push #6                          | E           |   |
| Single Whip #11  | W           |   |
| Snake Slides Down #2   | NW          |   |
| Cross Hands to the Seven Stars   | W           |   |
| Step Back and Ride the Tiger   | W           |   |
| Turn and Sweep Lotus with Leg  | 360 W       |   |
| Bend Bow and Shoot the Tiger   | W           |   |
| Deflect Downward, Parry, and Punch #6  | W           |   |
| Withdraw and Push  | W           |   |
| Cross Hands #3   | N           |   |
| Conclusion   | N           |   |