FIRST SECTION

Preparation and Beginning

Ward off right
Ward off left

Grasp the sparrow's tail

Single whip Lift hands

Shoulder stroke

White crane spreads its wings

Brush left knee Play guitar Brush left knee

Brush right knee

Brush left knee

Play guitar

Brush left knee

Deflect parry and punch

Cross hands

SECOND SECTION

Embrace the tiger and return to the mountain

Grasp the sparrow's tail (to corner)

Diagonal single whip Fairy flaps sleeves

Fist under the elbow

Repulse monkey (x5)

Diagonal flying

Lift hands

Shoulder stroke

White crane spreads its wings

Brush left knee

Needles at the bottom of the sea

Shoulder through the back

Turn around and punch

Sit back and block to the right

Deflect parry and punch

Grasp the sparrow's tail

Ward off right

Single whip

Cloud hands (x7)

High pat on horse

Single whip

THIRD SECTION

Patting the mane Separate right foot Separate left foot

Turn around and kick with the left heel

Brush left knee Brush right knee

Bend and planting the fist

Turn around, white snake spits out its tongue

Block to the right
Deflect parry and punch

Kick with heel Shoulder stroke Hitting the tiger – left

Turn around and ward off right

Hitting the tiger - right

Kick with the right heel (to the corner)

Hit ears with both hands Kick with the left heel

Turn around and kick with the right heel

Deflect parry and punch

Apparent closure Cross hands

FOURTH SECTION

Embrace the tiger and return to the mountain

Grasp the sparrow's tail (to corner)
Single whip (to the South wall)
Parting the horse's mane – right
Parting the horse's mane – left
Parting the horse's mane – right

Grasp the sparrow's tail

Single whip

Fair lady works shuttles

Ward off left

Grasp the sparrow's tail

Cloud hands (x7) High pat on the horse

Single whip

FIFTH SECTION

Snake creeps down

Golden cock stands on the left leg Golden cock stands on the right leg

Repulse monkey (x5)

Diagonal flying

Lift hands

Shoulder stroke

White crane spreads its wings Needles at the bottom of the sea

Fan through the back

Turn around, white snake spits out its tongue

Sit back and block to the right

Deflect parry and strike Grasp the sparrow's tail

Single whip Cloud hands (x7) High pat on horse Single whip

SIXTH SECTION

Patting the mane

Jab to the corner

Turn around cross, hands and kick

Low punch

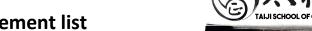
Grasp the sparrow's tail

Single whip

Snake creeps down
Step up to seven stars
Step back riding the tiger
Turn around lotus kick (fast)

Pulling the bow and shooting the tiger Block step down parry and punch

Apparent closure Cross hands Close up



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