

## Posture Names

- Beginning
- Parting the Wild Horse's Mane (3 times)
- White Crane Spreads its Wings
- Brush Knee and Side Step (3 times)
- Play the Lute
- Step Back and Repulse Monkey (4 times)
- Grasp the Sparrow's Tail - left
- Grasp the Sparrow's Tail - right
- Single Whip
- Wave Hands Like Clouds (3 times)
- Single Whip
- High Pat on Horse
- Kick With Right Heel
- Strike Ears With Fists
- Kick With Left Heel



- Snake Creeps Down (left) and Golden Cockerel Stands on left leg
- Snake Creeps Down (right) and Golden Cockerel on right leg
- Fair Lady Weaves the Shuttle (right and left)



- Needle at the Bottom of the Sea
- Fan through Back
- Deflect Downwards, Parry and Punch
- Apparent Close Up
- Cross Hands
- Closing Form

