

Section #1

Commencement 起式 *Horse stance*

Parting Wild Horse's Mane 野马分鬃 *Bow stance*

White Crane Spreads Wings 白鹤亮翅 *Empty stance*

Brush Knee 左右搂膝拗步 *Bow stance*

Play Guitar 手挥琵琶 *Empty stance*

Section #2

Repulse Monkey (2) 倒撵猴 *Modified Empty stance*

Grasp Bird's Tail 揽雀尾 *Bow stance*

1 Ward off 避开 *Bow stance*

2 Pull down 拉下 *Bow stance*

3 Press forward 前压 *Bow stance*

4 Roll back 击退 *Bow stance*

5 Push 推 *Bow stance*

Section #3

Cloud hands (2) 云手 *Horse stance*

Single whip 单鞭 *Narrow Bow stance*

High Pat on Horse 高探马 *Empty stance*

Read book 右蹬脚 *Modified Empty stance*

Double Winds to Ears 双风贯耳 *Bow stance*

Section #4

Turn to Kick with Sole 转身左蹬脚 *Modified Empty stance*

Rooster 下势独立 *Modified Empty stance*

Fair Lady at the Shuttles 左右穿梭 *Bow stance*

Needle at Sea Bottom 海底针 *Empty stance*

Fan Through the Back *Narrow Bow stance*

Section #5

Turn

Apparent Counter 转身搬拦锤 *Horse stance*

1 Parry 挡开 *Bow stance*

2 Punch 捶 *Bow stance*

3 Clear *Bow stance*

4 Push 推 *Bow stance*

Closure, 收势 *Horse stance*