

## 24 Form Movements

#	Name	Facing	Notes
1	Commencing Preparation, Beginning	N	
2	Part the Wild Horse's Mane LEFT	W	
a.	Part the Wild Horse's Mane RIGHT	W	
b.	Part the Wild Horse's Mane LEFT	W	
3	White Crane Spreads Its Wings	W	Weight shifts back to R leg
4	Brush Knee and Step Forward LEFT	W	Double block before brush knee
a.	Brush Knee and Step Forward RIGHT	W	
b.	Brush Knee and Step Forward LEFT	W	
5	Playing the Lute	W	Weight on R leg / L toe up
6	Step Back and Drive Monkey Away	W	Reach back R and strike
a.	Step Back and Drive Monkey Away	W	Reach back L and strike
b.	Step Back and Drive Monkey Away	W	Reach back R and strike
c.	Step Back and Drive Monkey Away	W	Reach back L and strike
7	Left Grasp Sparrow's Tail	W	
a.	Ward Off (Peng)	W	
b.	Rollback (Lu)	W	
c.	Press (Ji )	W	
d.	Push (Àn )	W	
8	Right Grasp Sparrow's Tail	E	Pivot 180° to E
a.	Ward Off (Peng)	E	
b.	Rollback (Lu)	E	
c.	Press (Ji )	E	
d.	Push (Àn )	E	
9	Single Whip	W	Pivot 180° to W
10	Wave Hands Like Clouds	N	
a.	Wave Hands Like Clouds	N	
11	Single Whip	W	
12	High Pat on Horse	W	
13	Right Heel Kick	SW/NW	Body turned SW / Kick to NW
14	Strike to Ears with Both Fists	NW	Draw back then step NW
15	Turn Body and Left Heel Kick	SE/NE	Pivot 270° Body turned SE / Kick to NE
16	Snake Creeps Down	SE	Prepare as if doing single whip but go straight into Snake creeps down
a.	Golden Rooster Stands on L Leg	E	
17	Snake Creeps Down	NE	Prepare as if doing single whip but go straight into Snake creeps down
a.	Golden Rooster Stands on R Leg	E	
18	Fair Lady Works with Shuttles RIGHT	E	Step through R foot forward
a.	Fair Lady Works with Shuttles LEFT	E	Step through L foot forward
19	Needle at Sea Bottom	E	Draw back
20	Fan Through Back	SE	
21	Turn Body, Deflect, Parry, and Punch	W	
22	Wipe off (Apparent Closed )	W	
23	Apparent Close (Cross Hands )	N	
24	Closing	N	