

## Palace Warm-up Form

Step	Movement	Face	Stance	Notes	
1	Preparation	N	Ultimate	Standard hands up down pause 3, hands up down	
2	Double Punch L	N	R-Bow	Shift weight, pivot L foot, shift weight, step out w/R foot	
3	R hand back	E	R-Bow	Grasp the Sparrows	
4	Roll back L	E	R-Bow		
5	Press	W	R-Bow		
6	Draw	N	R-Bow		
7	Two handed push	N	R-Bow		
8	Shift weight back & twist	N	L-Bow	Shift weight, pivot R foot while turning to L, shift weight & step out w/L foot	
9	Double Punch R	S	L-Bow	Grasp the Sparrows	
10	L Hand back	S	L-Bow		
11	Roll back R	S	L-Bow		
12	Press	S	L-Bow		
13	Draw	S	L-Bow		
14	Two handed push	S	L-Bow	Grasp the Sparrows	
15	Shift weight back & pivot foot	W	L-Bow		Shift weight, pivot L foot, shift weight, step out w/R foot
16	Double Punch L	W	R-Bow		
17	R hand back	W	R-Bow		
18	Roll back L	W	R-Bow		
19	Press	W	R-Bow	Grasp the Sparrows	
20	Draw	W	R-Bow		
21	Two handed push	W	R-Bow		
22	Shift weight back & twist	E	L-Bow		Shift weight, pivot R foot while turning to L, shift weight & step out w/L foot
23	Double Punch R	E	L-Bow		Grasp the Sparrows
24	L Hand back	E	L-Bow		
25	Roll back R	E	L-Bow		
26	Press	E	L-Bow		
27	Draw	E	L-Bow		
28	Two handed push	E	L-Bow	Grasp the Sparrows	
29	Shift weight back & pivot foot	SE	Ultimate		Shift weight, pivot L foot
30	Open curtain	SE	Ultimate		
31	R Knee	SE	R-Bow		Step out w/R foot
32	L Knee	SE	L-Bow		Step out w/L foot
33	R elbow strike	SE	R-Bow	Step w/R foot	
34	Salute	SE	R-crane	Balance on R foot	
35	Pull back R	SE	R-Bow	Step back w/L foot	
36	Pull back L	SE	L-Bow	Step back w/R foot	
37	Pull back R	SE	R-Bow	Step back w/L foot	
38	Two handed push	SE	R-Bow	Grasp the Sparrows	
39	Roll back L	SE	R-Bow		
40	Press	SE	R-Bow		
41	Shift weight back & twist	NW	L-Bow		
42	Open curtain	NW	L-Bow		
43	L Knee	NW	L-Bow	Step out w/L foot	
44	R Knee	NW	R-Bow	Step out w/R foot	
45	L elbow strike	NW	L-Bow	Step w/L foot	
46	Salute	NW	L-crane	Balance on L foot	
47	Pull back L	NW	L-Bow	Step back w/R foot	
48	Pull back R	NW	R-Bow	Step back w/L foot	

49	Pull back L	NW	L-Bow	Step back w/R foot
50	Two handed push	NW	L-Bow	
51	Roll back R	NW	L-Bow	
52	Press	NW	L-Bow	
53	Shift weight back & twist	NE	Ultimate	
54	Open curtain	NE	Ultimate	
55	R Knee	NE	R-Bow	Step out w/R foot
56	L Knee	NE	L-Bow	Step out w/L foot
57	R elbow strike	NE	R-Bow	Step w/R foot
58	Salute	NE	R-crane	Balance on R foot
59	Pull back R	NE	R-Bow	Step back w/L foot
60	Pull back L	NE	L-Bow	Step back w/R foot
61	Pull back R	NE	R-Bow	Step back w/L foot
62	Two handed push	NE	R-Bow	
63	Roll back L	NE	R-Bow	
64	Press	NE	R-Bow	
65	Shift weight back & twist	SW	Ultimate	
66	Open curtain	SW	Ultimate	
67	L Knee	SW	L-Bow	Step out w/L foot
68	R Knee	SW	R-Bow	Step out w/R foot
69	L elbow strike	SW	L-Bow	Step w/L foot
70	Salute	SW	L-crane	Balance on L foot
71	Pull back L	SW	L-Bow	Step back w/R foot
72	Pull back R	SW	R-Bow	Step back w/L foot
73	Pull back L	SW	L-Bow	Step back w/R foot
74	Two handed push	SW	L-Bow	
75	Roll back R	SW	L-Bow	
76	Press	SW	L-Bow	
77	Shift weight back & twist	N	Feet together	
78	Step out R / Embrace Tiger	N	Ultimate	L hand facing you, R hand facing away
79	Push troubles away / dip	N	Ultimate	Shake them off
80	Big dip	N	Ultimate	Hands dip into refreshing pool of chi
81	Return to start	N	Feet together	