

108 Postures in English

First section		Third section	
Prep	0	Carry Tiger	0
Pung (L)	0	Brush Knee (R) (F)	135
Pung (R) Lu Chi (F) Na (F)	90	Lu Chi (F) Na (F)	135
Two Fish	-90	Two Fish	-45
Single Whip	-90	Single Whip (diag)	-45
Raise Hands	45	Part Horse Mane (3)	90
Shoulder Strike	-45	Pung (L)	0
White Stork Spreads Wings	-90	Pung (R) (F)	90
Brush Knee (L) (F)	-90	Lu Chi (F) Na (F)	90
Play the Fiddle	-90	Two Fish	-90
Brush Knee (L,R,L) (F)	-90	Single Whip	-90
Play the Fiddle	-90	Fair Lady Works Shuttle	+ - 135/45
Brush Knee (L)	-90	Pung (L)	0
Parry and Strike	-90	Pung (R)	90
Step and Punch (F)	-90	Lu Chi (F) Na (F)	90
App Closure (Na, cross hands)	-90	Two Fish	-90
Second section		Single Whip	-90
Carry Tiger	0	Wave Hands (2 nd Time)	0
Brush knee (R) (F)	135	Single Whip	-90
Lu Chi (F) Na (F)	135	Snake Creeps Down	-90
Two Fish	-90	Golden Cockerel - L,R	-90
Half Whip	-90	Repulse Monkey - R,L, R	-90
Fist Under Elbow	-90	Slanting Flight (F)	45
Repulse Monkey (3)	-90	Raise Hands	-45
Slanting Flight (F)	45	Shoulder Strike	-45
Raise Hands	45	White Stork Spreads Wings	-90
Shoulder Strike	-45	Brush Knee (L) (F)	-90
White Stork	-90	Needle at Bottom of Sea	-90
Brush Knee (L) (F)	-90	Fan Through the Back	-90
Needle B'm of Sea	-90	Turn, Snake Pokes Tongue	90
Fan Through Back	-90	Parry and Strike	90
Turn Body, Chop Fist	90	Step and Punch	90
Parry and Strike	90	Na	90
Step and Punch (F)	90	Grasp Sparrow Step F Pung R	90
Na	90	Lu Chi (F) Na (F)	90
Grasp Sparrow Step F Pung R	90	Two Fish	-90
Lu Chi (F) Na (F)	90	Single Whip	-90
Two Fish	-90	Wave Hands(3 rd Time)	0
Single Whip	-90	Single Whip	-90
Wave Hands (1 st Time)	0	High Pat and Stab	-90
Single Whip	-90	Turn, Kick with R Sole	90
High Pat on Horse	-90	Brush Knee, Punch	90
Separation R Foot	-45	Grasp Sparrow Step F Pung R	90
Separation L Foot	-135	Lu Chi (F) Na (F)	90
Turn, Kick with L Sole	90	Two Fish	-90
Brush Knee (L,R,L punch)	90	Single Whip	-90
Turn Body, Chop Fist	-90	Snake Creeps Down	-90
Parry and Strike	-90	Step to Form Seven Stars	-45
Step and Punch (F)	-90	Retreat to Ride Tiger	-45
Na	-90	White crane	0
Kick R Sole Diagonally	-45	Turn and Kick Horizontally	-45
Hit Tiger L, R (F)	-45 / 45	Shoot Tiger with Bow	135
Right Foot Kick	45	Parry and Strike	-90
Strike Opponent's Ears	90	Step and Vertical Punch	-90

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Kick with Left Sole	90	Apparent Closure (Na)	-90
Turn and Kick with R Sole	-90	Cross Hands (two counts)	-90
Parry and Strike	-90	Ending Sequence: return to starting	0
Step and Punch (F)	-90		
App Closure (Na, Cross hands)	-90		