



Short Form Postures

1. Preparation
2. Waterfall
3. Ward off left
4. Ward off right
5. Roll Back
6. Press
7. Push
8. Single whip
9. Lifting hands
10. Pull down left side
11. Shoulder stroke
12. White crane spreads wings
13. Brush left knee and push
14. Play guitar
15. Brush left knee and push
16. Step forward, deflect downward, intercept, punch
17. Withdraw and push
18. Crossing hands
19. Embrace tiger, return to mountain
20. Roll back
21. Press
22. Push
23. Diagonal Single Whip
24. Strike with Crane
25. Punch under elbow
26. Step back to repulse monkey (R)
27. Step back to repulse monkey (L)
28. Step back to repulse monkey (R)
29. Diagonal flying
30. Waving hands in clouds (R)
31. Waving hands in clouds (L)
32. Waving hands in clouds (R)
33. Waving hands in clouds (L)
34. Waving hands in clouds (R)
35. Waving hands in clouds (L)
36. Single whip
37. Squatting single whip
38. Golden rooster stands on one leg (L)
39. Golden rooster stands on one leg (R)
40. Separate right foot
41. Separate left foot
42. Brush left knee and push
43. Needles at sea bottom
44. Iron fan penetrates back
45. Turn body, chop and push
46. Step forward, deflect downward, intercept, punch
47. Kick with heel (R)
48. Brush right knee and push
49. Brush left knee and punch downwards
50. Ward off right
51. Roll Back
52. Press
53. Push
54. Single whip
55. Fair lady weaves shuttles (L)
56. Fair lady weaves shuttles (R)
57. Fair lady weaves shuttles (L)
58. Fair lady weaves shuttles (R)
59. Ward Off Left
60. Ward Off Right
61. Roll Back
62. Press
63. Push
64. Single whip
65. Squatting single whip
66. Step forward to the seven stars
67. Step back to ride tiger
68. Turn body and sweep lotus with leg
69. Bend bow to shoot tiger
70. Step forward, deflect downward, intercept, punch
71. Withdraw and push
72. Crossing hands
73. Conclusion
74. Attention