

24 Part Form – International Competition Form

1. Commencement, Preparation Form (step left, Hands Up, You Down)
2. Part the Wild Horse's Mane (Lion plays with ball, right. PWHM left, right, left; moving left)
3. White Crane Cools Wings
4. Brush Knee in Zigzag Step (left, right, left)
5. Lean back and play the Guitar
6. Step Back and Repulse Monkey (left, right, left, right)
7. Grasp the Bird's Tail on the Left
8. Grasp the Bird's Tail on the Right
9. Single Whip
10. Waving Hands Like Clouds
11. Single Whip
12. High Pat on Horse
13. Kick with Right Heel
14. Box Ears with Both Fists
15. Kick with Left Heel
16. Snake Creeps Down, Golden Rooster Stands on Left Leg
17. Snake Creeps Down, Golden Rooster Stands on Right Leg
18. Fair Lady Works with Shuttles (left, right)
19. Pick Up Needle at Sea Bottom
20. Fan through the Back, Turn and Chop
21. Intercept and Punch
22. Withdraw and Push
23. Cross Hands
24. Closing Posture