

1. Preparation



2. Beginning



3. Left Ward-Off



4. Right Ward-Off



5. Roll-Back



6. Press



7. Push



8. Single Whip



9. Lift Hands



10. Shoulder Stroke



11. White Crane Spreads Wings



12. Brush Knee



13. Play Guitar



14. Brush Knee



15. Stp. Fwrtd. Deflct. Dwn. Parry&Punch



16. Apparent Closure



17. Cross Hands



18. Closure

