

Beginning Forms



13 Original Postures of Zhang San-feng Form

Preparation sequence: Infinity Pose
Hands up You Down
Lion Plays with the Ball (right)
Ward Off (Left)

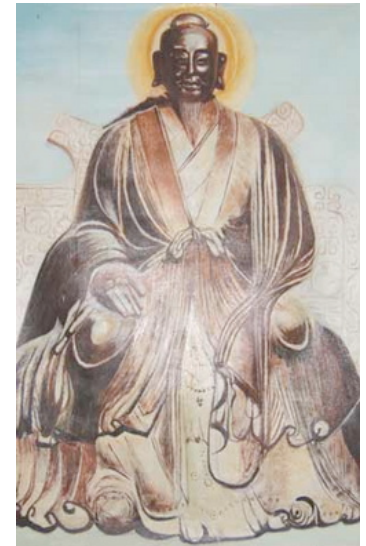
Grasp Sparrow's Tail sequence (right): Ward Off (right)
Roll Back
Press
Push
Repeat Grasp Sparrow's Tail sequence (left)
Crosshands

Long River Boxing Form

Preparation sequence: Infinity Pose
Hands up You Down
Lion Plays with the Ball (right)
Ward Off (Left)

Grasp Sparrow's Tail sequence (right): Ward Off (right)
Roll Back
Press
Push

Transition & Closing sequence (right): Single Whip
Intercept and Punch
Withdraw and Push
Crosshands



Part 1 (Short Form) of 108

Preparation sequence: Infinity Pose
Hands up You Down
Lion Plays with the Ball (right)
Ward Off (Left)

Grasp Sparrow's Tail sequence (right): Ward Off (right)
Roll Back
Press
Push

Transition sequence: Single Whip
Lift Hands
White Crane Cools Wings

Brush Knee sequence: Brush Knee Left/Play Guitar/Brush Knee Left
Brush Knee Right
Brush Knee Left/Play Guitar/Brush Knee Left

Closing sequence: Intercept and Punch
Withdraw and Push
Crosshands