



List of moves for the Long Form

	Part 1	42	Spin around and heel kick R
1	Preparation position	43	Twist step, deflect down, and punch
2	Pointing the way	44	Withdraw the arm and close up
3	Grasp the bird's tail	45	Cross hands
	Single-handed ward off		
	Double-handed ward off		
	Roll back	46	Part 3
	Press	47	Carry tiger to the mountain
	Push	48	Diagonal single whip
4	Single whip	49	Part the wild horse's mane
5	Raise hands	50	Grasp the bird's tail (5 moves)
6	Stork spreads its wings	51	Single whip
7	Brush knee and push R hand	52	Fair lady works the shuttles 4
8	Play guitar	53	Grasp the bird's tail (5 moves)
9	Brush knee and push R-L-R	54	Single whip
10	Play guitar	55	Wave hands like clouds
11	Brush knee and push R	56	Single whip and snake creeps down
12	Twist step, deflect down, and punch	57	Cock stands on one leg
13	Withdraw the arm and close up	58	Repulse monkey
14	Cross hands	59	Slanted flying
	Part 2	60	Raise hands
15	Carry tiger to the mountain	61	Stork spreads its wings
16	Fist under elbow	62	Brush knee and push R
17	Step back and repulse monkey	63	Needle at the bottom of the sea
18	Slanted flying	64	Push through the mountain
19	Raise hands	65	White snake puts out its tongue
20	Stork spreads its wings	66	Twist step, deflect down, and punch
21	Brush knee and push R	67	Grasp the bird's tail (4 moves)
22	Needle at the bottom of the sea	68	Single whip
23	Push through the mountain	69	Wave hands like clouds
24	Chop opponent with fist	70	Single whip
25	Twist step, deflect down, and punch	71	Pat the high horse and strike
26	Grasp the bird's tail (4 moves)	72	Turn and quick kick R
27	Single whip	73	Twist step, brush knee, low punch
28	Wave hands like clouds	74	Grasp the bird's tail (4) step ups
29	Single whip	75	Single whip with snake creeps down
30	Pat the high horse	76	Seven stars punch
31	Separate right and left foot	77	Retreat to ride the tiger
32	Turn and heel kick L	78	Turn around and lotus kick R
33	Brush knee and push R-L	79	Bend the bow to shoot the tiger
34	Brush knee and punch downward	80	Twist step, deflect down, and punch
35	Chop opponent with fist	81	Withdraw arm and close up
36	Twist step, deflect down, and punch		Cross hands
37	Heel kick R		
38	Strike the tiger L-R		
39	Heel kick R		
40	Pivot, knee strike, hit the ears		
41	Heel kick L		