

List of Moves for the Short Form

- 1 Opening
- 2 Single handed ward off
- 3 Double handed ward off
- 4 Rollback, Press, Push
- 5 Single whip
- 6 Lift hands
- 7 Shoulder stroke
- 8 Stork spreads its wings
- 9 Brush knee and push
- 10 Play guitar
- 11 Brush knee and push
- 12 Twist step, block, and punch
- 13 Withdraw arm and close up
- 14 Cross hands
- 15 Carry tiger to the mountain
- 16 Rollback, Press, Push
- 17 Diagonal single whip
- 18 Fist under elbow
- 19 Repulse like a monkey
- 20 Diagonal flying
- 21 Wave hands like clouds
- 22 Single whip
- 23 Snake creeps down
- 24 Rooster stands on one leg
- 25 Step and kick
- 26 Brush knee and push
- 27 Needle at the sea bottom
- 28 Fan through the back
- 29 Chop opponent with fist
- 30 Double ward off
- 31 Rollback, Press, Push
- 32 Single whip
- 33 Fair Lady works the shuttles
- 34 Pull the horse
- 35 Single ward off
- 36 Double ward off
- 37 Rollback, Press, Push
- 38 Single whip
- 39 Snake creeps down
- 40 Step up to Seven Stars
- 41 Retreat to ride the tiger

- 42 Turn and lotus kick
- 43 Bend the bow to shoot the Tiger
- 44 Twist step, block, parry and punch
- 45 Withdraw arm and close up
- 46 Cross hands