

# 18 MOVEMENT SHORT FORM



1. Preparing Form (Yu Bei Shi)
2. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Zhui)
3. Lazily Tying Coat (Lan Zha Yi)
4. Six Sealing and Four Closing (Liu Feng Si Bi)
5. Single Whip (Dan Bian)
6. White Crane Spreads Wings (Bai He Liang Chi)
7. Walking Obliquely (Xie Xing)
8. Brushing Knees (Lou Xi)
9. Stepping Lightly (Ao Bu)
10. Hidden Thrust Punch and Whirling Upper Arms (Yan Shou Hong Quan)
11. High Pat on Horse (Gao Tan Ma)
12. Kicking With the Left Heel and Following (Zuo Deng Yi Gen)
13. Jade Maid Works Shuttles (Yu Nu Chuan Suo)
14. Cloud Hands (Yun Shou)
15. Turn Back and Wave Double Lotus (Zhuan Shen Shuang Bai Lian)
16. Head On Blow (Dang Tou Pao)
17. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Zhui)
18. Closing Form (Shou Si)