

22 Posture Form

Section 1

1. The White Crane Flashes Its Wings
2. Brush Knee and Twist Step on Left
3. Single Whip -- Left Style
4. Hand Strums the Lute -- Left Style
5. Stroke and Push
6. Turn to Left to Strike
7. Thread Fists on Crouch Step
8. Fend Off on One Leg
9. Step Back and Insert Palm
10. Press Down Palms on Empty Step
11. Stand on One Leg and Hold Out Palm
12. Push Forearm on Horse-riding Step
13. Turn Body with Big Strokes
14. Swing Palm on Crouch Step
15. Step Forward to Cross Fists
16. Stand on One Leg to Mount the Tiger
17. Turn Body for a Lotus Leg Swing
18. Draw a Bow to Shoot the Tiger
19. Turn to Strike, Parry and Punch -- Right Style
20. Ward Off, Roll back, Push and Press -- Right Style
21. Cross Hands
22. Closing Form