

Peking 24 Step Form.

- 1.) Opening - Merging Heaven & Earth.
- 2.) Parting the Wild Horse's Mane, L,R,L.
- 3.) The White Crane Spreads its Wings.
- 4.) Brush Knee, Twist Hip, L,R,L.
- 5.) Play the Pipa. (Strum the lute/ hold the guitar)
- 6.) Step back Repulse the Monkey,R,L,R,L.
- 7.) Grasp the Sparrow's Tail, L.
- 8.) Grasp the Sparrow's Tail, R.
- 9.) Single Whip.
- 10.) Cloud Hands. (x3).
- 11.) Single Whip.
- 12.) High Pat on Horse's Head.
- 13.) Separate the Right/Kick with Right Heel.
- 14.) Double Phoenix Punch/Wind through the Ears.
- 15.) Separate Left/Kick with Left Heel.
- 16.) Snake Creeps Down, L. (squatting single whip), then Golden Rooster stands on One (L) Leg.
- 17.) Snake Creeps Down, R. then Golden Rooster Stands on One Leg, R.
- 18.) Fair Lady Works the Shuttles, R,L.
- 19.) Needle at Bottom of the Sea.
- 20.) Fan Through the Back.
- 21.) Turn, Downward Deflect, Parry, and Punch.
- 22.) Apparent Close Up.
- 23.) Cross Hands.
- 24.) Close.

