

108 part one

Tuck, step, arms up, sink down
R-hand touch, L-hand touch, form ball
Step L, L-forearm defend
Turn right, circle hands, form ball
Step R, R-forearm defend
Look, catch, press, divide, double push
Sit, swing hands L then R, single whip push
Sit, swing back, lift R-leg, slap thigh
Lift R-foot, 45° turn, step, shoulder defence
Open arms, form ball -- white crane spreads its wings

One brush knee
Half step in, sit, play the guitar
Two brush knees
Half step in, sit, play the guitar
Spiral down, form ball, R-step,
R-knuckle strike, straight punch
Clean off, double push
Turn right, scoop up energy, half step in
Stand up with crossed hands

108 part two

Sink down, R-hand, L-foot, L-hand, R-foot
Send tiger to mountain
Clean off, catch, press, divide, double push
Swing back and forth, support arm – drop
Rotate, R-push, rotate, L-push,
Rotate, R-punch under elbow
Monkey steps backwards – 3 times
Form ball, 90° turn, target the throat
Half step in, sit, lift hand
Lift R-foot, 45° turn, step, shoulder defence
Open arms, form ball -- white crane spreads its wings
Brush knee, half step in, R-clear water, L-clear water
Needle at sea bottom – one, two
Lift, 45° turn, hold the moon – one, two
Push the moon away
Sit, turn 180°, side knuckle strike
Return hidden fist, R-step
R-knuckle strike, straight punch
Clean off, double push
Sit back, small circle -- yin-yang hands
Look, catch, press, divide, double push
Spiral down, form ball, R-step, defend
Look, catch, press, divide, double push
Single whip push
Wave hands like clouds – 3 times
Single whip push
Half step in, sit, get off the horse

R-hand forward, rotate wrist – swallow then spit
Heart shape, cross hands – R-toe kick
Step, cross hands -- L-toe kick
Drop L-foot behind, cross hands
Turn 90° – L-heel kick
Two brush knees
Swing R-arm up, hidden fist
Left step, punch to stomach
Sit, turn 90°, R-step (weight forward) R-knuckle strike
Snake sticks out its tongue
Return hidden fist, R-step
R-knuckle strike, straight punch
Clean off, double push
Step forward, cross hands – R-heel kick
Drop R-foot behind, step L – defend, hit tiger
Sit, turn, step R – defend, hit tiger
Return, cross hands, R-heel kick, 3-point touch
Snap opponent's ears
Forward, step L, cross hands, L-heel kick
Drop foot in front, 180° turn, step
R-heel kick, drop foot
Hidden fist, R-step out
R-knuckle strike, straight punch
Clean off, double push, turn right
Scoop up energy, half step in
Stand up with crossed hands

108 part three

Sink down, R-hand, L-foot, L-hand, R-foot
Send tiger to mountain
Clean off, catch, press, divide, double push
Single whip push to the front
Part wild horse's mane R – L – R
Form ball, defend – no bird, circle hands
Form ball, defend, catch, press, divide, double push
Single whip push to the front
4 corners
Form ball, defend – no bird, circle hands
Form ball, defend, catch, press, divide, double push
Single whip push to the side
Wave hands like clouds – 3 times
Single whip push to the side
Snake creeps down, left – rooster stands on one leg
Snake creeps down, right – rooster stands on one leg
Senior monkey steps back – 5 times
Half step back, form the ball
Turn 180°, target the throat
Half step in, lift R-hand
Lift R-foot, turn 45°, shoulder defence
Open arms, form ball -- white crane spreads its wings
Brush knee, half step in, R-clear water, L-clear water
Needle at sea bottom – one, two
Lift, turn 45°, hold the moon – one, two
Push the moon away, sit
Turn 180°, side knuckle strike
Hidden fist, step out
R-knuckle strike, straight punch
Clean off, double push, sit
Bring R-arm from outside in – gentle touch 1
Swing around (crossed legs and arms)
Open arms – gentle touch 2

Swing R-arm, turn, R-step – gentle touch 3
Butterfly hands, sit, double push, sit
Swing arms L then R, single whip push to the side
Wave hands like clouds – 3 times
Single whip push to the side
Half step in, sit, get off the horse
R-hand forward, rotate wrist – swallow then spit
Wrists touch, L-hand spears throat then palm to face
Return with crossed hands, turn, jump kick
Land like a feather
2 brush knees
Big step back, monkey punch
Turn, form the ball, R-step, R-flying hand
Return, catch, press, divide, double push, sit
Single whip push to the side
Step back, L-snake creeps down
R-step up, seven star fists
R-step back, three point hit, radiating energy
Body forward, form the ball
R-palm up, R-knee up, extend energy to the sky
L-palm up, L-knee up, extend energy to the sky
Touch wrists, touch elbow, pivot, touch armpit
Turn, lotus kick, double punch to shoot tiger
Hidden fist, R-step out
R-knuckle strike, straight punch
Clean off, double push, turn right
Scoop up energy, half step in
Stand up with crossed hands
Separate hands, slowly lower them
Tuck L-step, close