

48 FORM

Starting Form

- Part I
01. White Crane Spreads Its Wings
 02. Brush Knee with Twist Step, Left
 03. Single Whip, Left
 04. Hand Strums Lute, Left
 05. Stroke and Push (Three)
 06. Turn to Strike, Parry and Punch, Left
 07. Ward off, Stroke, Push and Press, Left
- Part II
08. Lean Oblique
 09. Punch Under Elbow
 10. Step Back and Whirl Arms on Both Sides (Four)
 11. Turn to Push Palms (Four)
 12. Hand Strums Lute, Right
 13. Brush Knee and Punch Downward
- Part III
14. White Snake Sticks out Its Tongue (Two)
 15. Pat Foot to Subdue Tiger (Two)
 16. Turn Left to Strike
 17. Thread Palm with Crouch Stance
 18. Fend off on One Leg (Two)
 19. Single Whip, Right
- Part IV
20. Wave Hands like Clouds, Right (Three)
 21. Part Horse's Mane on Both Sides
 22. Pat High on Horse
 23. Kick with Right Heel
 24. Strike Opponent's Ears with Both Fists
 25. Kick with Left Heel
 26. Strike with Hidden Fist
 27. Needle at Sea Bottom
 28. Flash Arm
- Part V
29. Kick with Right and Left Foot
 30. Brush Knee on Left and Right Bow Steps (Two)
 31. Step Forward to Strike
 32. Apparent Close-Up
 33. Wave Hands like Clouds, Left (Three)
 34. Turn Right to Strike
 35. Work at Shuttles on Both Sides
 36. Step Back and Thread Palm
- Part VI
37. Press Down Palms with Empty Step
 38. Stand on One Leg and Hold out Palm
 39. Push Forearm with Horse-riding Step
 40. Turn Body with Big Strokes
 41. Swing Palm with Crouch Step
 42. Step Forward to Cross Fists
 43. Stand on One Leg to Mount Tiger
 44. Turn Body for Lotus kick
 45. Draw Bow to Shoot Tiger
 46. Turn to Strike, Parry and Punch, Right
 47. Ward off, Stroke, Push and Press, right
 48. Cross Hands

Closing Form