



# 72 Movement Medium Form

## 1st Section

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1. Beginning
2. Ward-Off, Left
3. Ward-Off, Right
4. Roll-Away
5. Press
6. Push
7. Single Whip
8. Lift Hands
9. Shoulder
10. White Crane
11. Brush Left Knee
12. Play Guitar
13. Brush Left Knee
14. Chop With Fist
15. Parry and Punch
16. Withdraw and Push
17. Cross Hands

## 2nd Section

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18. Embrace Tiger
19. Roll-Away
20. Press
21. Push
22. Diagonal Single Whip
23. Fist Under Elbow
24. Repulse Monkey 3X
25. Diagonal Flying
26. Cloud Hand 3X
27. Single Whip
28. Snake Creeps Down
29. Golden Rooster R&L
30. Separate Foot R&L
31. Turn and Kick with Left Heel
32. Brush Left Knee
33. Needle at Sea Bottom
34. Fan Through Back
35. Turn and Chop with Fist
36. Parry and Punch
37. Kick Upward with the Right Foot
38. Strike Tiger L&R

39. Kick Upward with the Right Foot
40. Twin Winds Pierce the Ears
41. Kick Upward with the Left Foot
42. Chop with Fist
43. Parry and Punch
44. Withdraw and Push
45. Cross Hands

## 3rd Section

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46. Embrace Tiger
47. Parting the Wild Horse's Mane L&R
48. Fair Lady 4X
49. Ward-Off, Left
50. Ward-Off, Right
51. Roll-Away
52. Press
53. Push
54. Single Whip
55. High Pat on Horse
56. Thrusting Hand
57. Turn and Cross Kick
58. Punch Downward
59. Active Step Ward-Off
60. Active Step Roll-Away
61. Active Step Press
62. Active Step Push
63. Single Whip
64. Snake Creeps Down
65. Step Forward to the 7 Stars
66. Retreat to Ride the Tiger
67. Sweep with the Right Leg
68. Bend Bow Shoot Tiger
69. White Snake Spits Out its Tongue
70. Parry and Punch
71. Withdraw and Push
72. Conclusion