



<p style="text-align: center;">Traditional Name (74 Small Forms divided into 13 Large Forms (after Chen Xin))</p>	<p style="text-align: center;">Expression - Section 2</p>
<p style="text-align: center;">Lazily Tying One's Coat Lan Za Yi (3 of 74 forms)</p>	<p>Rise in centre & sink left (X block)</p>
	<p>Open right wing to right rising & left wing to left sinking - return to centre</p>
	<p>1 legged rising knee to centre - sinking kick to right</p>
	<p>Double arm deflection to right - right shoulder deflection to left</p>
	<p>Deflect to right (LiJing) – sinking palm</p>
<p style="text-align: center;">Sealing Six Avenues of Attack & Closing Four Sides Liu Feng SiBi (4 of 74 forms)</p>	<p>Double circle & throw to left</p>
	<p>Cover head & press</p>
<p style="text-align: center;">Single Whip Dan Bian (5 of 74 forms)</p>	<p>Willow leaf palms, low level strike & Single whip</p>
	<p>Knee lift, land - throw, spear hand & figure 8 silk reel to open palm</p>
	<p>Single Whip</p>
<p style="text-align: center;">Pounding the Mortar Jin Gang DaoDui (6 of 74 forms)</p>	<p>Cover left low level & right high level – sink</p>
	<p>Rising elbow - sink , open wing to left - sink</p>
	<p>Step forward kick & palm</p>
	<p>Rise & sink with fist</p>
	<p>I legged rise & sink with fist & knee</p>