



<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 3</p>
<p style="text-align: center;">White Goose spreading it's wings Bai E Liang Chi (7 of 74 forms)</p>	Step backwards deflect with wings to left - sink
	Step backwards deflect with wings to right - sink
	Rising elbow, Sinking elbow, Low level palm
	Back stance, Willow leaf palm/Clinging arm - 2 breaks -Bird opens wings – sink & close to left
<p style="text-align: center;">Diagonal Posture Xie Xing (8 of 74 forms)</p>	Cover centre, sink & close to right
	Rising knee, body sink, brush knee, open wings to right
	Bird shaking water from wings, downwards wings, backwards wings, forwards wings
<p style="text-align: center;">Holding up the Knee Lou Xi (9 of 74 forms)</p>	Rise & sink in centre
	Rising knee
<p style="text-align: center;">Stepping to both Sides Ao Bu (10 of 74 forms)</p>	Step forward & palm – sink (twice)
<p style="text-align: center;">Diagonal Posture Xie Xing (11 of 74 forms)</p>	Pull down to right in back stance
	Rising knee, body sink, brush knee, open wings to right
	Bird shaking water from wings, downwards wings, backwards wings, forwards wings
	Rise & sink in centre
<p style="text-align: center;">Holding up the Knee Lou Xi (12 of 74 forms)</p>	Rising kick
<p style="text-align: center;">Stepping to both Sides Ao Bu (13 of 74 forms)</p>	Step forward & palm – sink (twice)
<p style="text-align: center;">Cover Fist & Punch Yan Shou Gong Quan (14 of 74 forms)</p>	Cover fist & punch
	Turning silk reel to the right



Pounding the Mortar Jin Gang DaoDui (15 of 74 forms)	Rise & sink with fist
	1 legged rise & sink with fist & knee