



<p style="text-align: center;"><b>Traditional Name</b> (74 Small Forms divided into 13 Large Forms (after <b>Chen Xin</b>))</p>	<p style="text-align: center;"><b>Expression - Section 4</b></p>
<p style="text-align: center;">Hit &amp; Drape Fist over Body <b>Pie Shen Quan</b> (16 of 74 forms)</p>	<p>Rise circular block front - double elbow back - sink double fwd forearm bridge</p>
	<p>Rise finger skill front double elbow to sides - sink double fwd forearm bridge</p>
	<p>Step out to right side low level kick transfer to horse stance</p>
	<p>Rise &amp; turn cover upper right sink &amp; block with metal arms</p>
	<p>Metal arms &amp; rising heart elbow</p>
<p style="text-align: center;">Blue Dragon flying out of Water <b>Qing Long Chu Shui</b> (17 of 74 forms)</p>	<p>Sink Downward forearm (hammer) Rising backward elbow with splitting hand</p>
	<p>Sink downward punch</p>
<p style="text-align: center;">Pushing with both Hands <b>Shuang Tui Shou</b> (18 of 74 forms)</p>	<p>Silk &amp; throw from DanTian</p>
	<p>Turn 180 Cover head left arm, centre line right arm &amp; low level sweep kick</p>
	<p>Pull down to right - folding elbow to left</p>
	<p>Adjust stance/spring forward sink forward double palm to heart</p>