



<p align="center">Traditional Name (74 Small Forms divided into 13 Large Forms (after Chen Xin))</p>	<p align="center">Expression - Section 4 (Part 1)</p>
<p align="center">Hit & Drape Fist over Body Pie Shen Quan (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 & turn cover upper right sink & block with metal arms</p>
	<p>Metal arms & rising heart elbow</p>
<p align="center">Blue Dragon flying out of Water Qing Long Chu Shui (17 of 74 forms)</p>	<p>Sink Downward forearm (hammer) Rising backward elbow with splitting hand</p>
	<p>Sink downward punch</p>
<p align="center">Pushing with both Hands Shuang Tui Shou (18 of 74 forms)</p>	<p>Silk & throw from DanTian</p>
	<p>Turn 180 Cover head left arm, centre line right arm & 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>