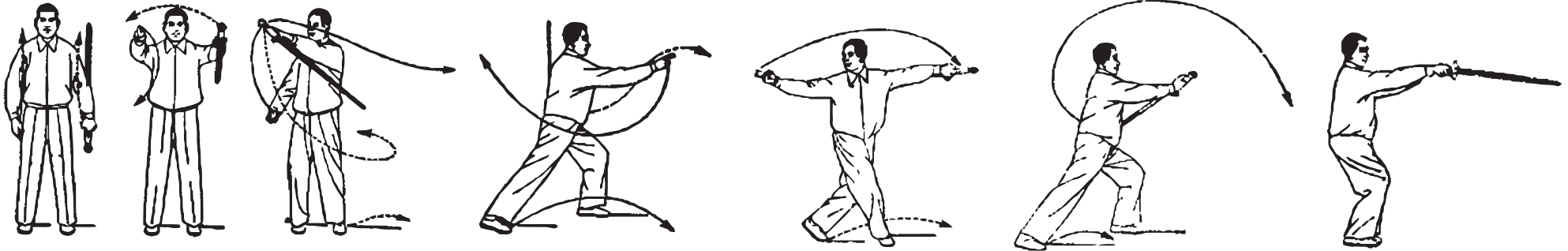
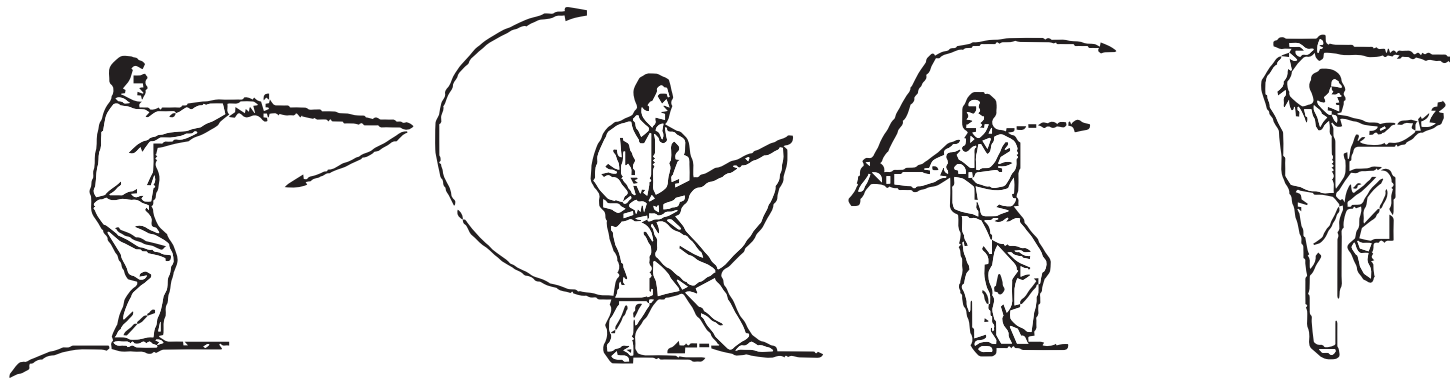


## Part One

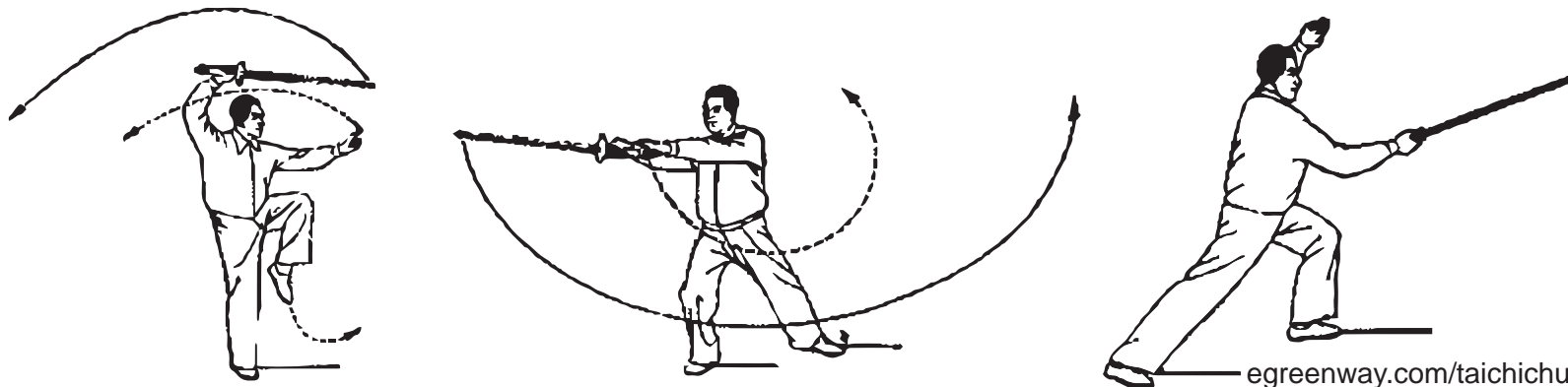
1. Three Rings Around the Moon - Stand with feet together and point (Bingbu Dianjian)



2. The Big Dipper - One leg stance and reverse stab (Duli Fanci)



3. The Swallow Skims Across the Water - Crouch stance and sweep to the side (Pubu Hengsao)

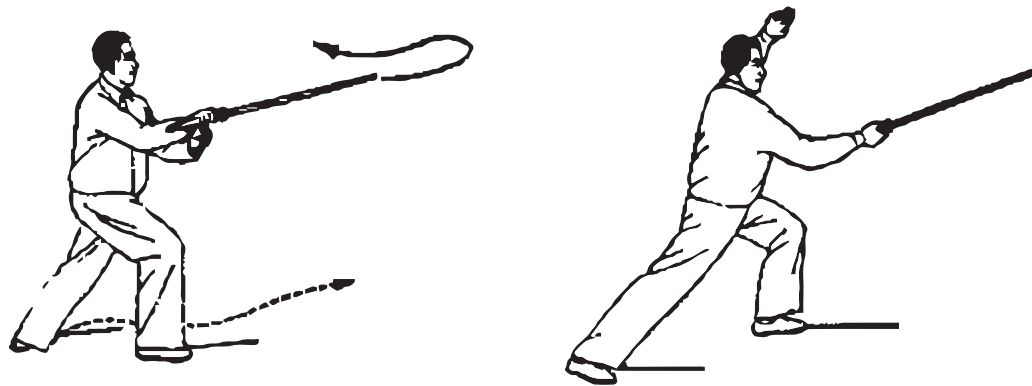


## Part One

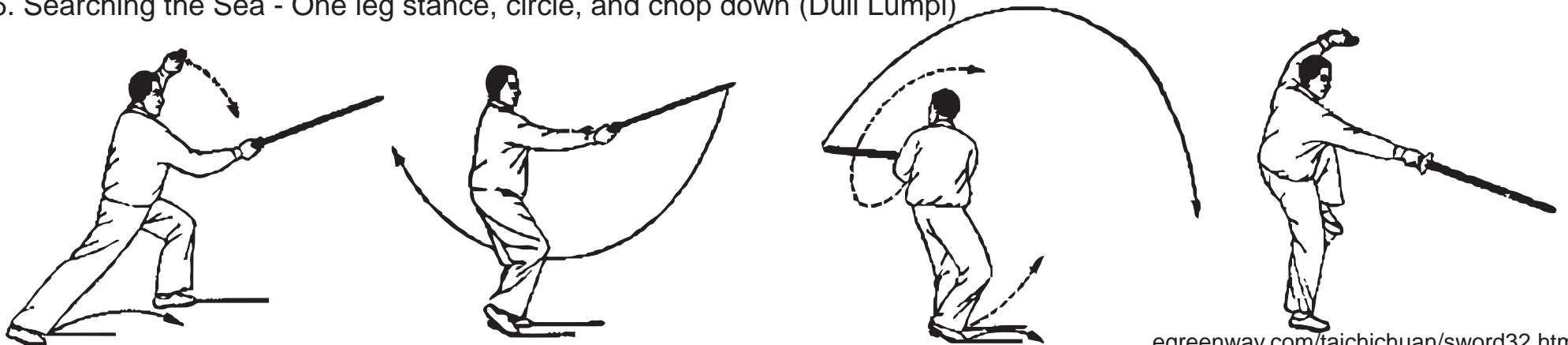
### 4. Block and Sweep to the Right - Horizontal draw to the right (Xiangyou Pingdai)



### 5. Block and Sweep to the Left - Horizontal draw to the left (Xiangzuo Pingdai)

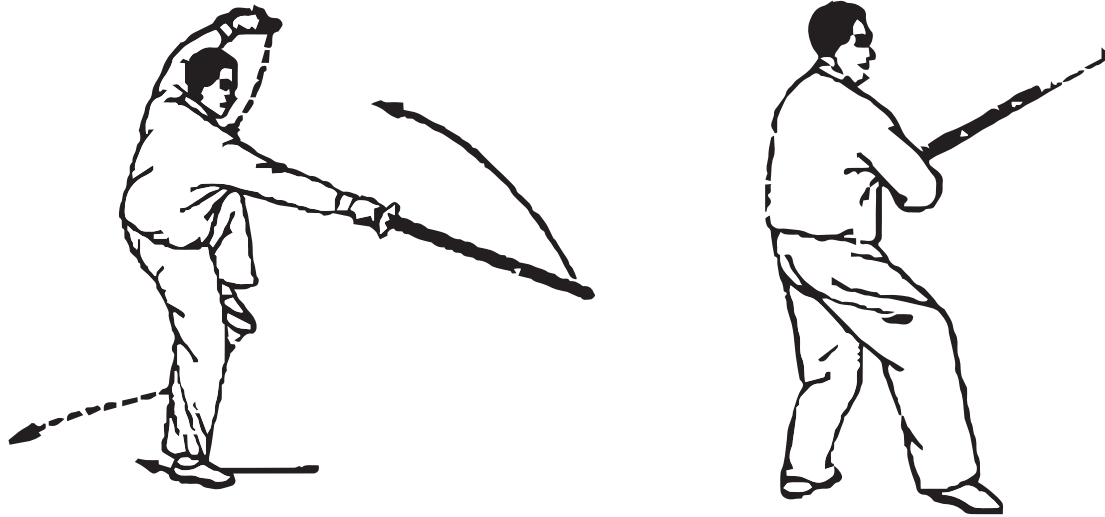


### 6. Searching the Sea - One leg stance, circle, and chop down (Duli Lumpi)

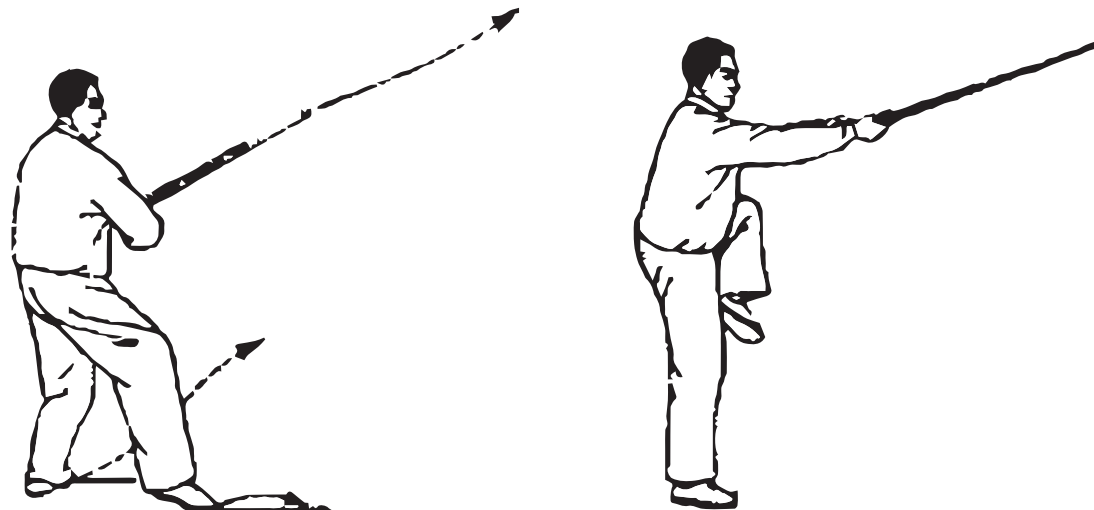


## Part One

7. Holding the Moon - Step back and draw the sword back (Tuibu Huichou)

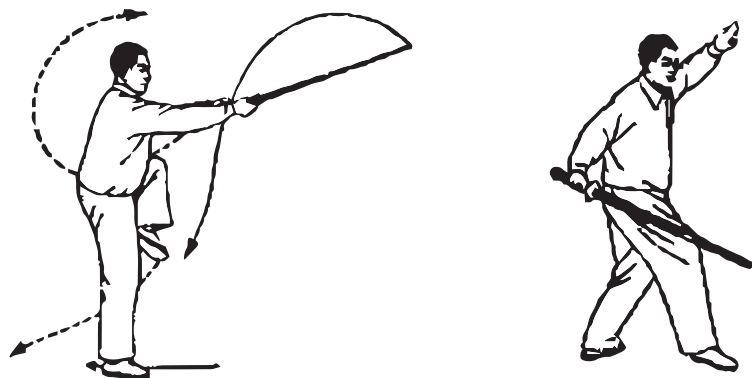


8. The Bird Returns to the Tree at Dusk - One leg stance and stab up (Duli Shangci)

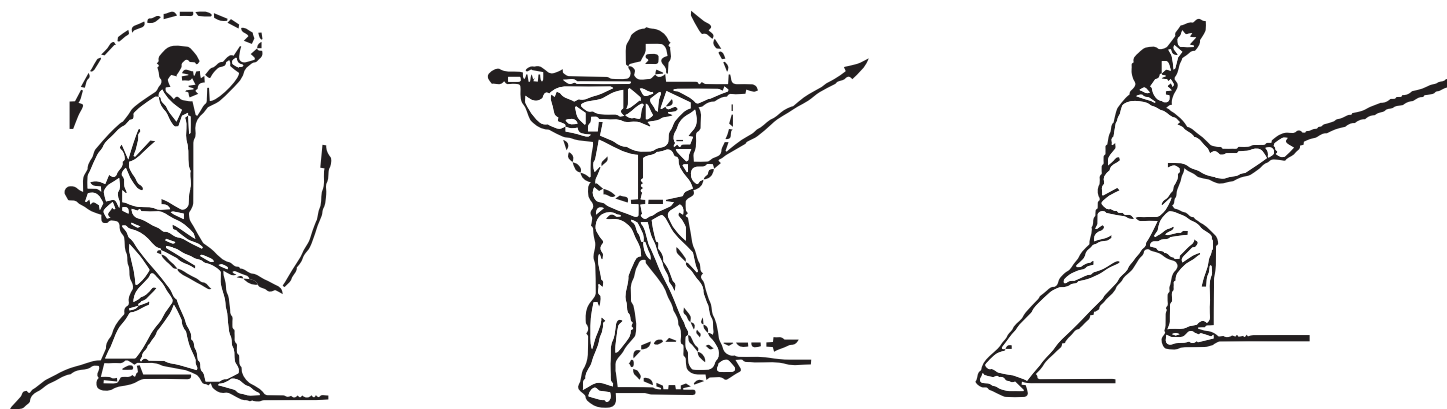


## Part Two

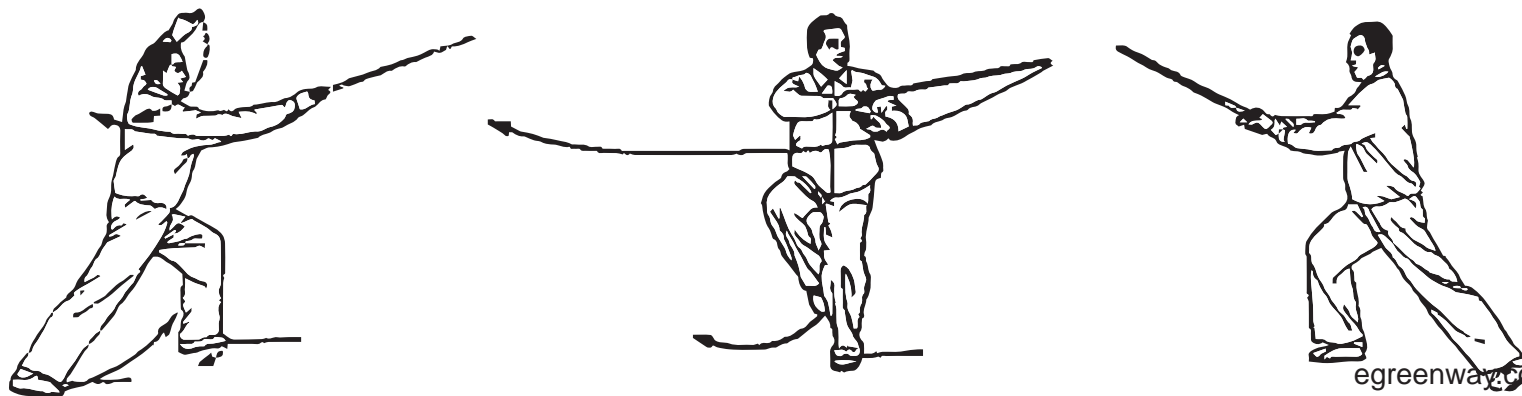
9. The Black Dragon Whips His Tail - Empty stance and intercept downward (Xubu Xiajie)



10. The Green Dragon Emerges from the Water - Left bow stance and stab (Zuogongbu)



11. Turning Around and Carrying the Sword - Turn the body and draw on a slant (Zhuanshen Xiedai)





## Part Two

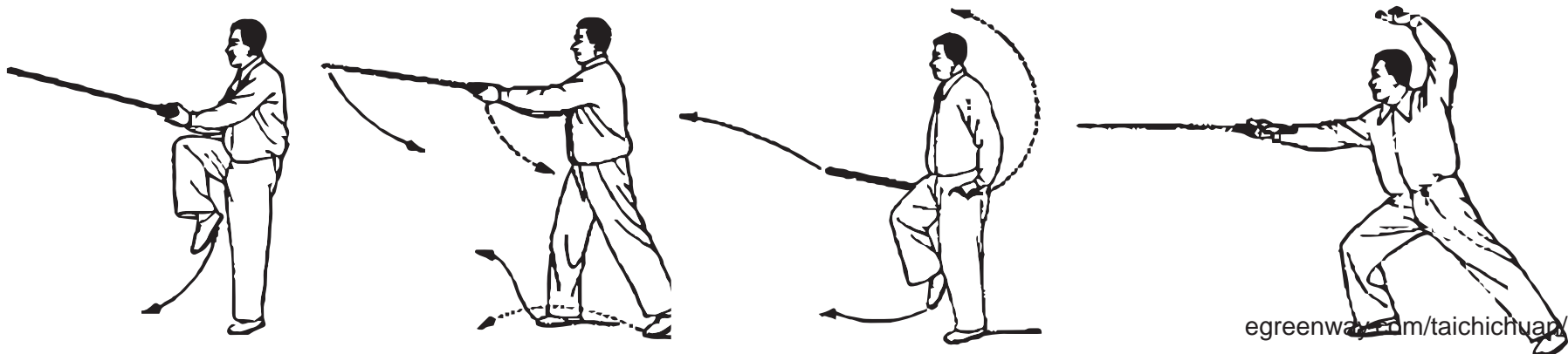
12. The Lion Shakes His Mane - Contract the body and draw on the diagonal (Suoshen Xiedai)



13. The Tigress Holds Her Head - Raise the knee and hold the sword (Tixi Pengjian)

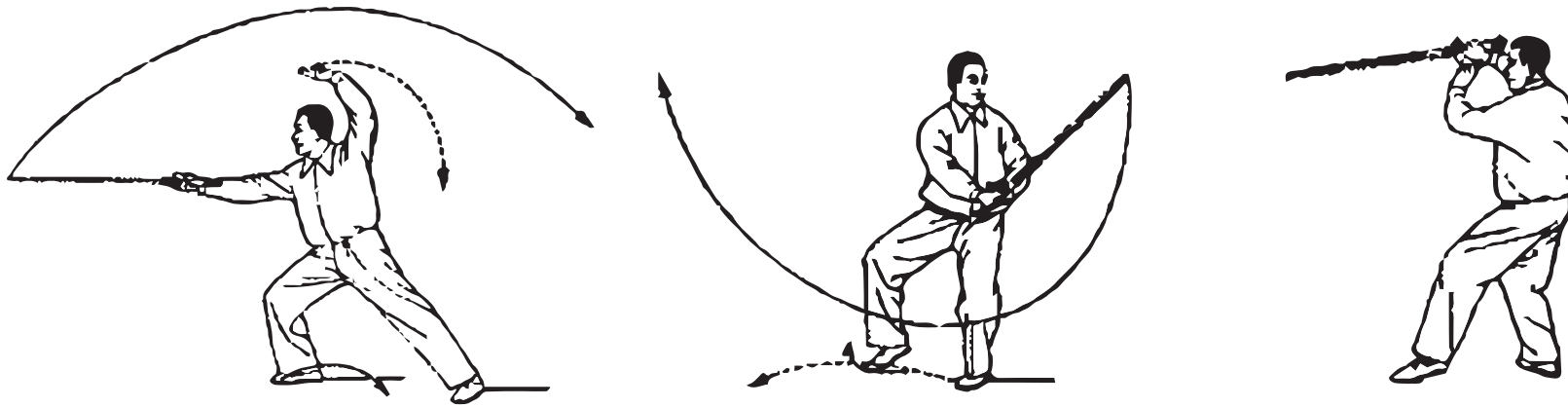


14. The Wild Horse Leaps Over the Creek - Jump step and stab with a flat sword (Tiaobu Pinci)

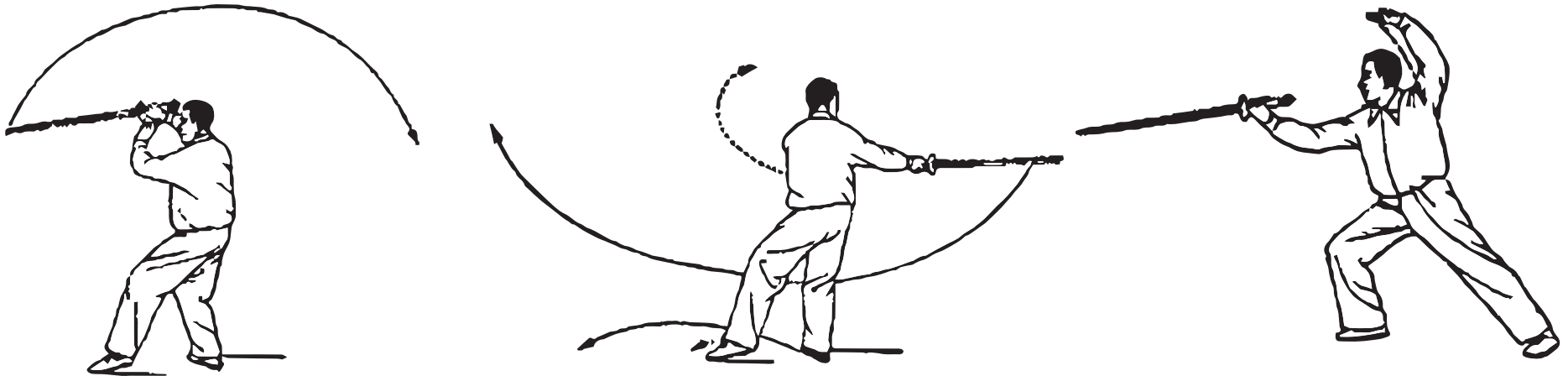


## Part Two

15. Cutting Upward in a Left Empty Stance - Left empty stance and slice upward (Zuo Xubu Liao)

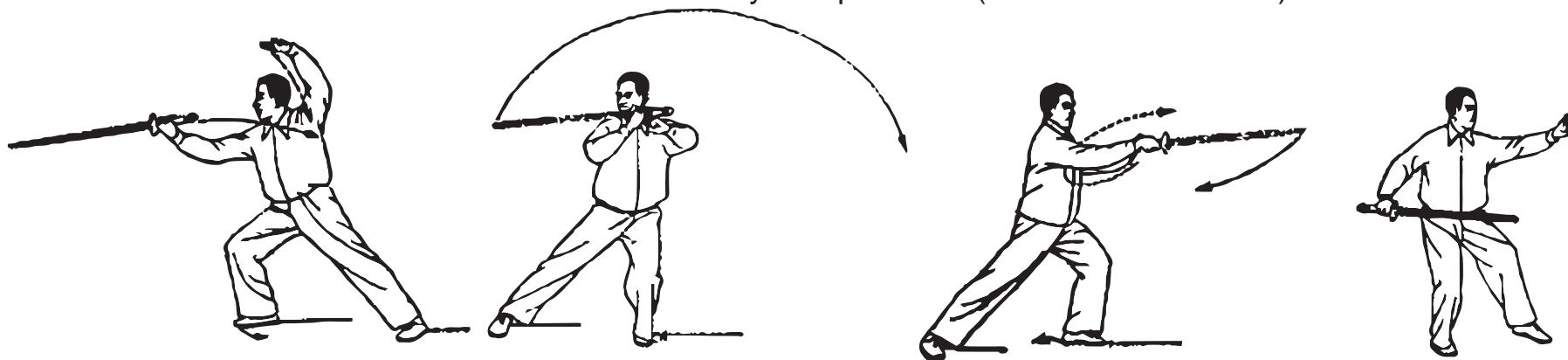


16. Scooping the Moon from the Bottom of the Sea - Right bow stance and slice upward (You Gonbu liao)

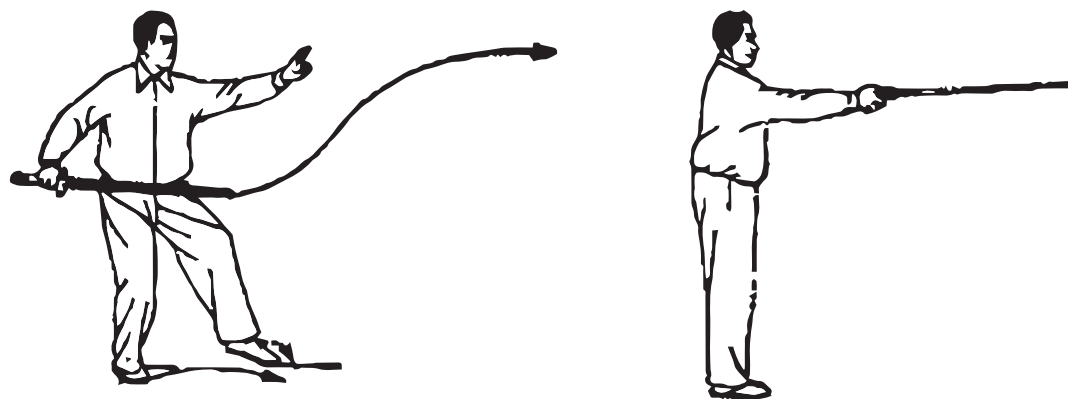


## Part Three

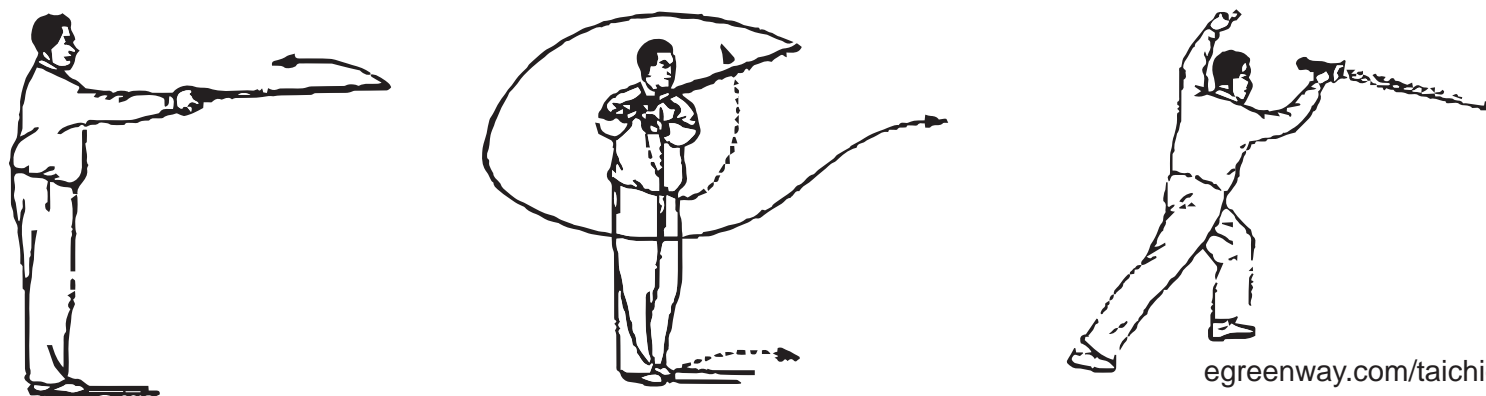
17. The Rhinoceros Gazes at the Moon - Turn the body and pull back (Zhuanshen Huichou)



18. The White Ape Offers the Fruit - Stand upright with feet together and stab with a flat sword (Bingbu Pinci)

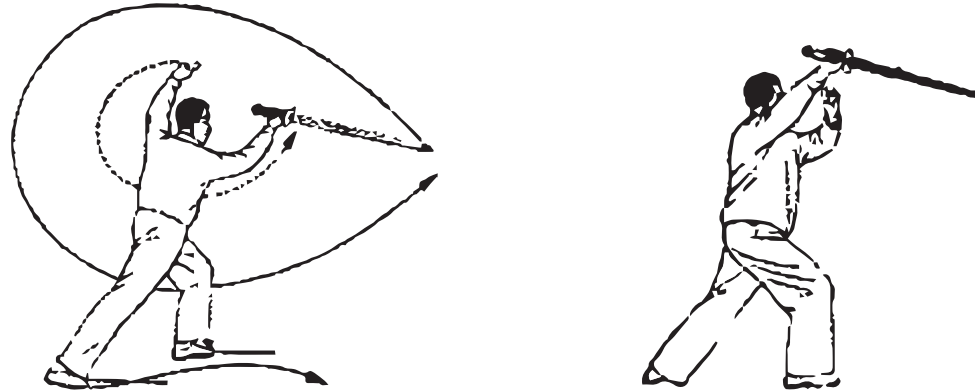


19. Parrying in a Left Bow Stance - Left bow stance and block (Zuo Gongbu Lan)

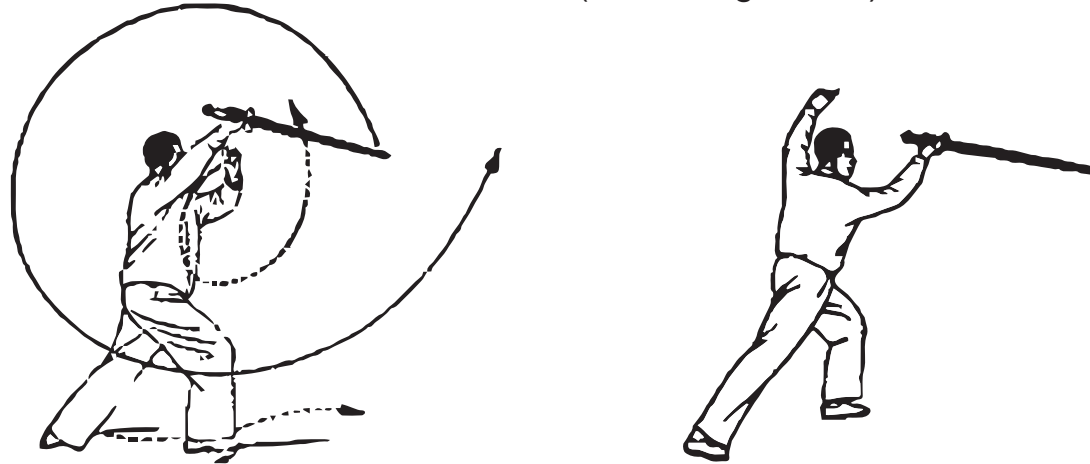


## Part Three

20. Parrying in a Right Bow Stance - Right bow stance and block (You Gongbu Lan)



21. Parrying in a Left Bow Stance - Left bow stance and block (Zuo Gongbu Lan)



22. Pushing the Boat with the Current - Step in and stab backhand (Jimbu fanci)

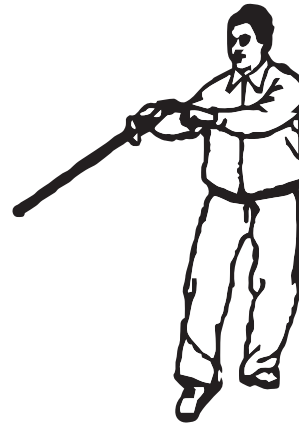


## Part Three

23. The Comet Chases the Moon - Reverse body and chop behind (fanshen Huipi)

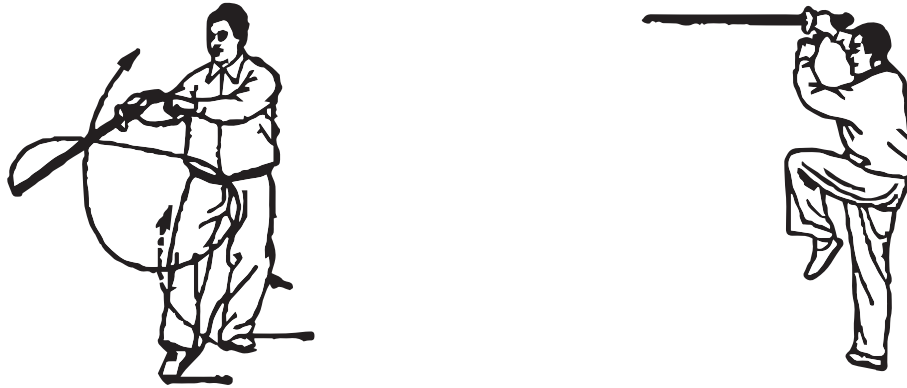


24. The Heavenly Horse Gallops Across the Sky - Empty stance and point the sword (Xubu Dianjian)

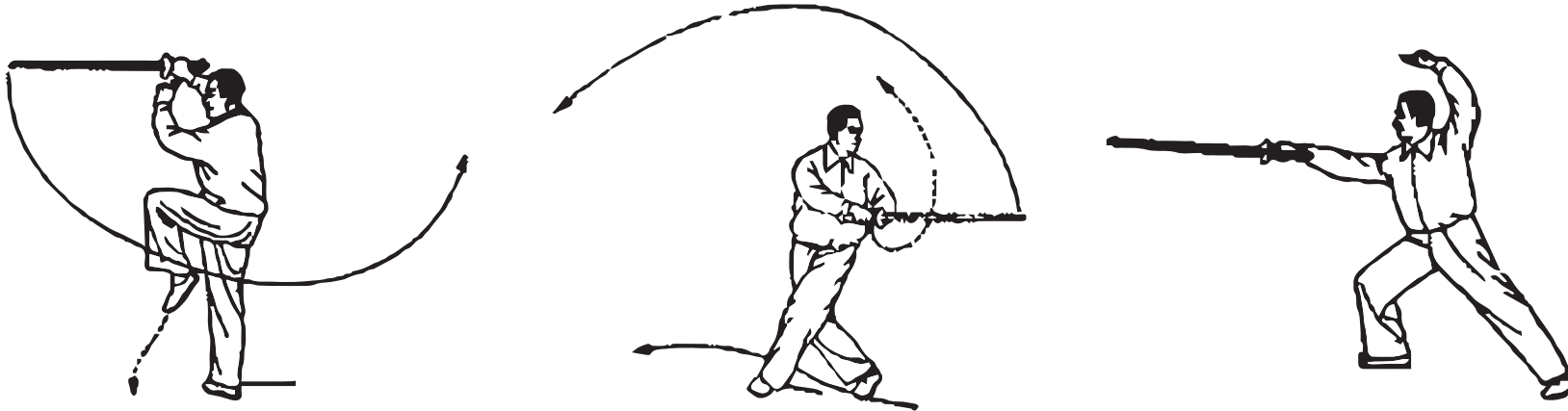


## Part Four

25. Lifting the Door Curtain - One leg stance and lift horizontally (Duli Pingtuo)



26. Left Wheeling Chop Into a Right Bow Stance - Bow stance, hook and chop (Gongbu Guapi)



27. Right Wheeling Chop Into a Right Empty Stance - Empty stance, circle sword and chop (Xubu Lumpi)

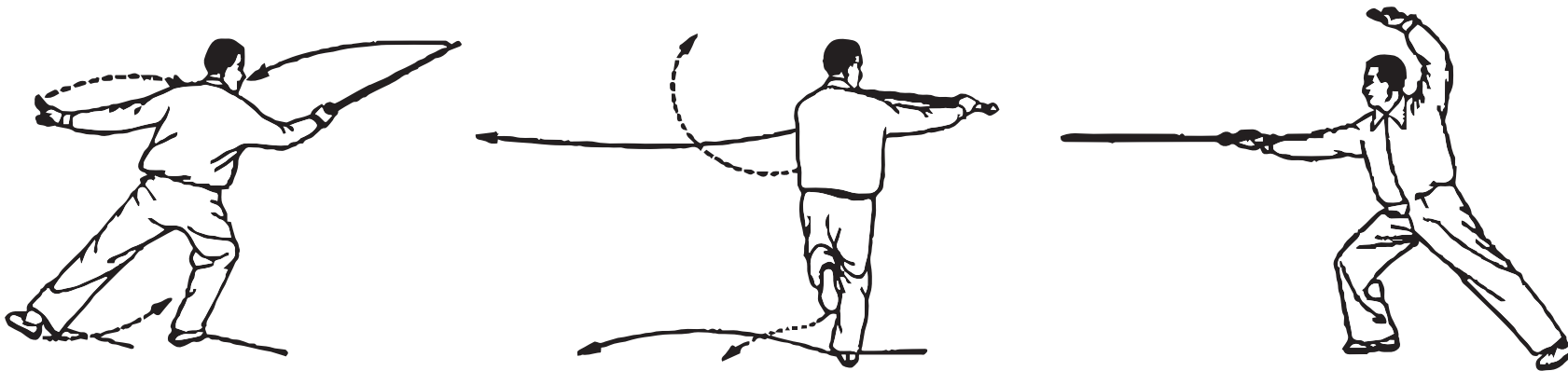


## Part Four

28. The Phoenix Spreads Its Wings - Back step and strike backhand (Chebu Fanji)



29. The Bee Enters the Hive - Step in and stab with flat sword (Jinbu Pingci)

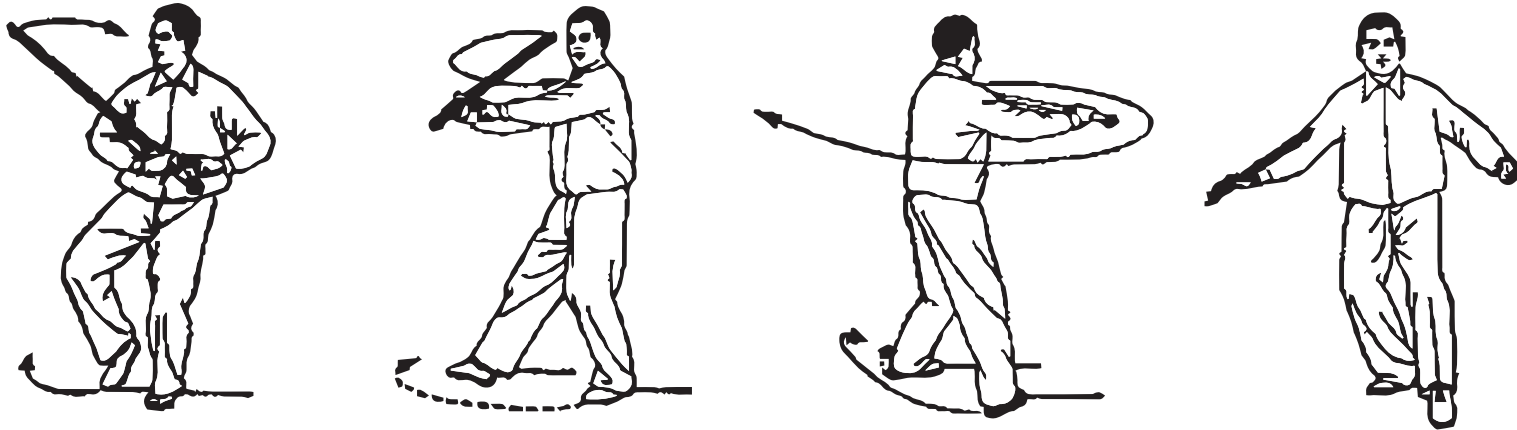


30. Holding the Moon - T-stance and pull back (Dinabu Huichou)



## Part Four

31. The Wind Sweeps the Plum Blossoms - Turn around and smear horizontally (Xuanzhuan Pingmo)



32. The Compass Needle - Bow stance and stab straight (Gongbu Zhici)

