

## FIVE SECTION SOLO BARE-HAND FORM NAME LIST



<b>Section 1</b>	
	Commencing Form
	Part the Wild Horse's Mane (left)
	White Crane Spreads its Wings
	Brush Knee, Twist step (left)
	Hand Strums the Lute
<b>Section 2</b>	Step Back Whirl Arms (x2)
	Grasp Birds Tail Sequence (left),
	Ward Off, Roll-Back, Press, Push
<b>Section 3</b>	Wave Hands Like Clouds (2X)
	Single Whip
	High Pat on Horse
	Strike Ears with Both Fists
<b>Section 4</b>	Kick with Heel (left)
	Golden Rooster Stands on One Leg (left)
	Fair Maiden Works the Shuttles (left)
	Needle at Sea Bottom
	Fan Through the Back
<b>Section 5</b>	Twist-step Deflect-down, Parry and Punch
	Apparent Close-up and Push
	Cross Hands
	Closing Form