



The Basic 18 Forms

(Free Translation)

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| 1. Commencing Form | 2. Jin Gang Pounds Mortar |
| 3. Grasp the Robe | 4. Close & Seal |
| 5. Single Whip | 6. Crane Spreads Wings |
| 7. Step Obliquely | 8. Brush Knees |
| 9. Wade Forward | 10. Parry & Punch |
| 11. High Pat The Horse | 12. Left Heel Kick |
| 13. Fairy Weaving at shuttle | 14. Cloud Hands |
| 15. Turn With Lotus Kick | 16. Cannon Fists |
| 17. Jin Gang Mortar | 18. Closing Form |

Note: Repeat steps 3-17