



Old Frame Version-1

1. Commencing Form
2. King Kong Pounds Mortar
3. Grasp the Robe
4. Close & Seal
5. Single Whip
6. King Kong Pounds Mortar
7. The Crane Spreads Wings
8. Step Obliquely
9. Brush Knees
10. Wade Forward
11. Step Obliquely
12. Brush Knees
13. Wade Forward
14. Parry & Punch
15. King Kong Pounds Mortar
16. Flinging Fists
17. Dragon Bounces
18. Push Hands
19. View Fist from Elbow
20. Reversing Arms
21. Crane Spreads Wings
22. Step Obliquely
23. Shoulder Throw
24. Parry & Punch
25. Close & Seal
26. Single Whip
27. Cloud Hands
28. High Pat the Horse
29. Right Kick
30. Left Kick
31. Left Heel Kick
32. Wade Forward.
33. Strike the Ground
34. Double Kicks
35. Chest Guarding Fist
36. Whirlwind Kick
37. Right Heel Kick
38. Parry & Punch
39. Mini Grip
40. Push The Mountain
41. Close & Seal
42. Single Whip
43. Front move
44. Rear move
45. Split the Horse Mane
46. Close & Seal
47. Single Whip
48. Fairy weaving at shuttle
49. Grasp The Robe
50. Close & Seal
51. Single Whip
52. Cloud Hands
53. Drop & Bounce
54. Rooster Stands
55. Reversing Arms
56. Crane Spreads Wings
57. Step Obliquely
58. Shoulder Throw
59. Parry & Punch
60. Close & Seal
61. Single Whip
62. Cloud Hands
63. High Pat The Horse
64. Crossing Legs
65. Crotch Punch
66. Monkey Grasps Nut
67. Single Whip
68. Bird Ground Dragon
69. Step Up for The Dipper
70. Step Back To Ride The Tiger
71. Turn with Lotus Kick
72. Cannon Fists
73. King Kong Pounds Mortar
74. Closing Form