

Push

Single Whip

Snake Creeps Down

Step Up to Seven Stars of the Dipper

Ride the Tiger

Turn with Lotus Kick

Bend the Bow

Deflect, Intercept, Punch

Withdraw

Push

Closing

Starfarm 60 Posture Tai Chi Form

Preparation

Open Tai Chi Form

Ward Off Left

Ward Off Right

Roll Back

Press

Push

Single Whip

Lift the Hands

Shoulder Strike

White Crane Spreads His Wings

Brush Knee with Twist Step

Play the Guitar

Brush Knee with a Twist Step

Step Up, Deflect, Intercept and Punch

Get a Needle From the Sea Bottom

Spread the Hands

Turn and Strike with Back Fist

## Starfam 60 Posture Form

Strike with Fingers

Withdraw/Push

False Closing

Retreat to the Mountain Camp for a Rematch

Roll Back

Press

Push

Single Whip

Hide a Fist Under the Elbow

Step Back to Repulse the Monkey

Flying Diagonal Right

Flying Diagonal Left

Diagonal Single Whip

Snake Creeps Down

Golden Rooster Stands on Left Leg

Golden rooster Stands on Right Leg

Kick with Right Foot

Kick with Left Foot

Turn and Strike with Left Heel

Turn and Strike with Both Arms

Strike Ears with Fists

Roll Back

Press

Push

Single Whip

Fair Lady Works the Shuttles1

Fair Lady Works the Shuttles2

Fair Lady Works the Shuttles3

Fair Lady Works the Shuttles4

Ward Off Left

Ward Off Right

Roll Back

Press