

DESIGNATED TECHNIQUES

Be sure to practice these on both sides of the body. Try not to develop a favorite side.

Set 1

Monkey
Dragon
Swallow
Stork
Snake

Set 2

Tiger Tail
Deflecting Hand
Golden Pheasant
Crane
Turtle
Bow & Arrow Shoot Tiger

Set 3

Dragon Tail
Repulse Monkey
Dove (Palm)
Cobra
Bear

Set 4

Retreating Hammer
Scissors
Separate Right Foot
Hawk
Deflect & Punch Under Elbow
Falcon

Set 5

Cut
Cross (Palm)
Palm Deflect
Cross Hands & Push
Shuttle
Three-step retreat
Squat 1
Trapping Knife Hand
Binding
Wiping Hand

Set 6

Riding Tiger
Hop, Shift, Scoop
Diagonal Flying
Play the Guitar
Weave Under Tiger
Gorilla
Retreating Deception
Sparrow Tail
Diagonal Front Kick
Diagonal Punch

Set 7

Sweep Lotus
Eagle 1
Escape
Tiger Springs from Den
Crossing the Tiger's Path

Set 8

Squat 2
Parting the Mane
Jade Girl
Flowering Hands
Ox Jaw Switch

Set 9

Chicken
Bird
Horse
Star
Snake Wraps Opponent

Set 10

Overhead Hammer Fist
Inside Tiger Tail
Chicken Spinning Fist
Squat Side Kick
Offense Knee

Set 11

Golden Stork
Gorilla Wraps Inward
Chicken Hawk
Eagle 2

Set 12

Jamming
Ward Opponent
Press
Rein Horse
Rooster Sheds Feathers
Seek Needle