

## Designated Techniques Shaolin Kung Fu

### Set 1

Monkey  
Dragon  
Swallow  
Stork  
Snake

### Set 2

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

### Set 3

Dragon Tail  
Repulse Monkey  
Dove (palm)  
Cobra  
Bear

### Set 4

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

### Set 5

Cut  
Cross (palm)  
Palm Deflect  
Cross Hands and 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  
Jamming

### Set 12

Ward Opponent  
Press  
Rein Horse  
Rooster Sheds Feathers  
Seek Needle

### Set 13

**Restraining Hands**  
**Uplifting Hand**

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