

Awaken the Ch'i
Circling the Moon 3 Times
Great Star of the Big Dipper
Swallow takes the Water
Detain and Come Forward - left and right
Small Star of the Big Dipper
Swallow Flies into the Nest
Clever Cat Catches a Mouse
Dragonfly touches the water
Bee flies into the hive
Phoenix Spreads its Wings
Whirlwind Left
Small Star of the Big Dipper
Whirlwind Right
Waiting for Fish
Looking for the Snake in the Grass
Embrace the Moon
Bird Flies into the Forest to Rest
Black Dragon Hits with His Tail
Wind Moves the Lotus
Lion Shakes His Mane
Tiger Puts his Head Between his Paws
Wild Horse Springs over the Mountain Stream
Turn Around and Rein in Horse
Step Forward - Compass Needle Points South
Shake off Dust in the Wind
Send the Boat Downstream
Shooting Star Follows the Moon

Heavenly Horse Flies Through the Air
Move the Curtain
Sword Circles like a Cartwheel L&R
Mythical Bird Spreads One Wing
Lifting the Moon from the Bottom of the Sea
Embrace the Moon
Demon Looks in the Water
Rhinoceros Looks at the Moon
Shoot the Swallow
White Monkey Offers Fruit
Phoenix Spreads its Wings
Halt - Left and Right with Step
Shoot the Wild Goose
White Monkey Offers Fruit
Scatter Flowers - left and right
Fair Lady Threads the Shuttle
White Tiger Hits with his Tail
Tiger Puts his Head Between his Paws
Carp Jumps Through the Dragon Gate
Black Dragon Twines around a Column
Holy Man Points out the Way
Wind Sweeps Away the Plum Blossoms
Tiger Puts his Head Between his Paws
Step Forward - Compass Needle Points South
Turn the Sword Over and Return to Beginning