

SENIOR FORM

Prepare

1. Opening
 2. White crane spreads its wings
 3. Turn body and Grasp bird's tail
 - a. Right ward off
 - b. Roll back
 - c. Press
 - d. Push
 4. Fist under elbow
 5. Brush knee and push (2 times)
 6. Step forward and punch down
 7. Golden rooster stands with one leg (2 times)
 8. Step back and repulse the monkey
 9. High pat on horse
 10. Right separation kick
 11. Left heel kick
 12. Twin fists strike opponent's ears
 13. Needle at sea bottom
 14. Cloud hands
 15. Single whip
 16. Turn body and white snake spits out its tongue
 17. Parting the wild horse's mane
 18. Fair lady works at shuttle
 19. Strike tiger (2 times)
 20. Step forward with palm thrust
 21. Turn over seven stars
 22. Bend the bow and shoot the tiger
 23. Step forward, parry, block and punch
 24. Apparent Close up
 25. Cross hands
 26. Close form
- Return to original position

Link to Grandmaster Yang Jun demonstrating the form
https://www.youtube.com/watch?v=k7_qQvyUz-o