

List of 108 Postures

- preparatory sequence (in 2 counts)

First section

Grasp the bird's tail:

11	to 18	-	Pung - (ward off) on the left.
19	to 26	-	Pung - (ward off) on the right
27	to 31	-	Lu (pull back)
32	to 37	-	Chi (press forward) - follow
38	to 43	-	Na (push) - follow
44	to 49	-	two fish
50	to 55	-	single whip
56	to 62	-	raise hands
63	to 67	-	shoulder strike
68	to 73	-	white stork spreads its wings
74	to 82	-	brush knee (left) - follow
83	to 87	-	play the fiddle
88	to 94	-	brush knee (left)
95	to 101	-	brush knee (right)
102	to 111	-	brush knee (left) follow
112	to 115	-	play the fiddle
116	to 121	-	brush knee (left)
122	to 128	-	strike
129	to 135	-	forward step and vertical punch - follow
136	to 140	-	apparent closure (Na)
141	to 150	-	cross hands (2 counts)

Second section

Carry tiger to mountain:

151	to 156	-	brush knee (right) - follow
157	to 162	-	Lu
163	to 167	-	Chi - follow
168	to 173	-	Na - follow
174	to 180	-	two fish
181	to 187	-	half whip
188	to 192	-	fist under elbow
193	to 197	-	repulse monkey-right hand
198	to 201	-	repulse monkey-left hand
202	to 207	-	repulse monkey-right hand
208	to 214	-	slanting flight - follow
215	to 218	-	raise hands
219	to 223	-	elbow strike
224	to 228	-	white stork spreads its wings
229	to 236	-	brush knee (left) - follow
237	to 242	-	needle at the bottom of the sea
243	to 147	-	fan through back
248	to 254	-	turn body and chop with fist
255	to 261	-	parry and strike
262	to 267	-	forward step and vertical punch
268	to 272	-	Na

Grasp the birds's tail:

273	to 281 -	step forward and pung on the right
282	to 286 -	Lu
287	to 292 -	Chi - follow
293	to 299 -	Na - follow
300	to 306 -	two fish
307	to 311 -	single whip
312	to 342 -	wave hands like clouds (first time)
343	to 351 -	single whip
352	to 357 -	high pat on horse
358	to 363 -	separation of right foot
364	to 366 -	separation of left foot
367	to 371 -	turn and kick with the left sole
372	to 376 -	brush knee (left)
377	to 381 -	brush knee (right)
382	to 388 -	brush knee (left) and punch downward
389	to 394 -	turn body and chop with fist
395	to 401 -	parry and strike
402	to 407 -	step forward and vertical punch -
408	to 412 -	Na
413	to 417 -	kick with right sole diagonally
418	to 422 -	hit tiger on the left
423	to 429 -	hit tiger on the right - follow
430	to 433 -	right foot kick
434	to 438 -	strike ears with fists
439	to 442 -	kick with left sole
443	to 446 -	turn around and kick with right sole
447	to 450 -	strike
451	to 454 -	step forward and vertical punch - follow
455	to 457 -	apparent closure
458	to 467 -	cross hands (2 counts)

Third section

Carry tiger to mountain:

468	to 473 -	brush knee (right) - follow
474	to 477 -	Lu
478	to 482 -	Chi-follow
483	to 488 -	Na - follow
489	to 492 -	two fish
493	to 496 -	single whip diagonally
497	to 502 -	part the wild horse's
503	to 507 -	part the wild horse's
508	to 513 -	part the wild horse's

Grasp the bird's tail:

514	to 519 -	Pung (left)
520	to 524 -	Pung (right) - follow
524	to 527 -	Lu
528	to 531 -	Chi - follow
532	to 535 -	Na - follow
536	to 540 -	two fish
541	to 544 -	single whip

Fair lady works

545	to 555 -	on the left
556	to 562 -	on the right
563	to 569 -	on the left
570	to 577 -	on the right

Grasp the bird's tail:

578	to 585 -	Pung (left)
586	to 592 -	Pung (right)
593	to 598 -	Lu
599	to 604 -	Chi - follow
605	to 611 -	Na - follow
612	to 619 -	two fish
620	to 625 -	single whip
626	to 655 -	wave hands like clouds (second time)
656	to 663 -	single whip
664	to 668 -	snake creeps down
669	to 673 -	golden cock stands on one leg - left
674	to 678 -	golden cock stands on one leg - right
679	to 682 -	repulse monkey - right hand
683	to 688 -	repulse monkey - left hand
689	to 693 -	repulse monkey - right hand
694	to 701 -	slanting flight - follow
702	to 705 -	raise hands
706	to 712 -	elbow strike
713	to 719 -	white stork spreads its wings
720	to 726 -	brush knee - left
727	to 732 -	needle at the bottom of the sea
733	to 737 -	fan through the back
738	to 745 -	turn body, white snake pokes out its tongue
746	to 752 -	parry and punch
753	to 757 -	step forward and vertical punch - follow
758	to 761 -	Na
Grasp the bird's tail:		
762	to 767 -	step forward and pung on the right - follow
768	to 772 -	Lu
773	to 777 -	Chi - follow
778	to 782 -	Na - follow
783	to 788 -	two fish
789	to 793 -	single whip
794	to 830 -	wave hands like clouds - (third time)
831	to 838 -	single whip
839	to 848 -	high pat on horse and penetrating hand
849	to 854 -	turn and kick with right sole
855	to 861 -	brush knee and punch pubic region
Grasp the bird's tail:		
862	to 869 -	pung on the right - follow
870	to 874 -	Lu
875	to 879 -	Chi - follow
880	to 885 -	Na - follow
886	to 892 -	two fish
893	to 898 -	single whip
899	to 903 -	snake creeps down
904	to 910 -	step up to form seven stars
911	to 915 -	retreat to ride tiger
916	to 924 -	turn round and kick horizontally
925	to 929 -	shoot tiger with bow
930	to 934 -	strike
935	to 941 -	step forward and vertical punch
942	to 948 -	apparent closure (Na)
949	to 961 -	cross hands (two counts)
962	to 969 -	ending sequence: return to starting point.

Note: let us not forget that a posture is always done with complete breathing, "arming" while inhaling and "striking" while exhaling. The only exception is "wave hands like clouds", which lasts several breaths.