

Saber form

- 1 OPENING
- 2 STEP FORWARD TO THE SEVEN STARS
- 3 STEP BACK & RIDE THE TIGER
- 4 Cover the saber
- 5 DIAGONAL FLIGHT
- 6 CHANGE SABRE AND SLICE LEFT & RIGHT
- 7 Front Poke
- 8 CIRCLE LEFT & UPPERCUT (wheel cut)
- 9 CHANGE STEP AND PRESS THE SABRE (wheel cut)
- 10 CIRCLE RIGHT & UPPERCUT
- 11 CIRCLE LEFT & STRIKE W/PALM
- 12 TURN & CUT OVERHEAD
- 13 Shoot the bird in the forest
- 14 Single whip
- 15 FAIR LADY WORK THE SHUTTLES
- 16 PRESS THE- SABRE DIAGONALLY
- 17 SHOW THE PALM & HIDE THE SABRE
- 18 Single whip
- 19 FAIR LADY WORKS THE SHUTTLES
- 20 PRESS THE SABRE DIAGONALLY
- 21 SHOW THE PALM & HIDE THE SABRE
- 22 GOLDEN PHEASANT
- 23 SPIN SABRE LEFT & RIGHT
- 24 SHOW THE PALM & HIDE THE SABRE
- 25 Front poke
- 26 TURN, show the palm and hide the saber
- 27 CROSS STEP forward & CHANGE SABRE HAND
- 28 RIGHT HEEL KICK
- 29 HIT TIGER LEFT & RIGHT
- 30 RIGHT HEEL KICK
- 31 BOX EARS
- 32 LEFT HEEL KICK
- 33 TURN & RIGHT HEEL KICK
- 34 CHANGE SABRE HAND & CHOP DOWN
- 35 GOLDEN PHEASANT
- 36 SNOW COVERS THE HEAD
- 37 BRUSH THE KNEE
- 38 RETREAT & PARRY LEFT
- 39 WHEEL LEFT & RIGHT
- 40 THE DRAGON JUMPS
- 41 FAIR LADY WORKS THE SHUTTLES
- 42 PRESS SABRE HORIZONTALLY
- 43 BRUSH KNEE
- 44 STEP BACK & CHANGE SABRE HAND
- 45 Step backward to the seven stars
- 46 CLOSING

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