

## 42 Posture Combined Form (Paul Lam)

### Part I

#### Section One

1. Commencing Form - Raise Arms
2. Stroking Bird's Tail – Right Side
  - a. Ward-off Left
  - b. Ward-off Right
  - c. Roll Back
  - d. Press
3. Single Whip
4. Lifting Hands
5. White Crane Flashing Wings

#### Section Two

6. Brush Knee - Left
7. Brush Knee – Right
8. Parry and Turn to Punch
9. Chop Left
10. Circle and press right
11. Circle and press left
12. Step forward, parry and punch
13. Apparent close-up, push

#### Section Three

14. Opening and Closing of Hands
15. Single Whip spreading arms
16. Fist under Elbow
17. Turn Body and Push Palm right and left sides

#### Section Four

18. Fair Lady Works at the Shuttle right and left sides
19. Heel Kicks right and left
20. Cover with Hand and Punch with Fist
21. Parting Wild Horse's Mane left and right sides
22. Closing Form