

SAN SHOU

Double Movements

Movements of A

1. STEP FORWARD AND PUNCH (EAST)
3. WARD OFF AND PUNCH (EAST)
5. STEP FORWARD AND SHOULDER LEFT (EAST)
7. ELBOW LEFT (WEST)
9. PUNCH LEFT (WEST)
11. HIT TIGER LEFT (SOUTH)
13. RAISE HANDS (SOUTH)
15. FOLD ARMS AND PUNCH (SOUTHWEST)
17. SPLIT HORIZONTALLY (SOUTHEAST)
19. HIT TIGER RIGHT (SOUTHEAST)
21. STEP FORWARD AND SHOULDER LEFT (EAST)
23. SEPARATE HANDS AND KICK WITH RIGHT HEEL (SOUTH)
25. PULL AND SPLIT (SOUTH)
27. WARD OFF AND PUNCH (SOUTH)
29. STEP FORWARD AND SHOULDER LEFT (EAST)
31. ROLL BACK AND PUSH (NORTH)
33. PUSH DOWN (NORTH)
35. PUSH ASIDE (SOUTH)
37. PUSH OUT (EAST)
39. NEUTRALIZE AND PUSH (EAST)
41. PULL AND SPLIT (NORTHEAST)
43. HIT TIGER RIGHT (WEST)
45. STEP FORWARD AND SHOULDER LEFT (WEST)
47. SEPARATE ARMS AND SHOULDER RIGHT (WEST)
49. ELBOW RIGHT (WEST)
51. WITHDRAW AND NEUTRALIZE (WEST)
53. STEP FORWARD AND SHOULDER LEFT (WEST)
55. SEPARATE RIGHT FOOT (WEST)
57. SEPARATE LEFT FOOT (WEST)
59. SHOULDER RIGHT (WEST)
61. WARD OFF LEFT (WEST)
63. WARD OFF RIGHT (WEST)
65. WARD OFF LEFT AND RIGHT (SOUTH)
67. HIGH PAT ON HORSE (WEST)
69. KICK WITH SWEEPING FOOT (WEST)
71. SNAKE CREEPS DOWN (WEST)
73. HIT TIGER LEFT (NORTH)
75. MONKEY STEPS BACK RIGHT (WEST)
77. MONKEY STEPS BACK LEFT (WEST)
79. MONKEY STEPS BACK RIGHT (WEST)
81. NEEDLE AT SEA BOTTOM (WEST)
83. PLAY GUITAR (NORTHWEST)
85. SINGLE WHIP (EAST)
87. CROSS ARMS (EAST)
89. WITHDRAW AND PULL BACK (SOUTH)
91. TURN RIGHT AND RIDE TIGER (EAST)

Movements of B

2. RAISE HANDS (WEST)
4. DEFLECT AND PUNCH (WEST)
6. HIT TIGER RIGHT (EAST)
8. PUSH RIGHT (EAST)
10. SHOULDER RIGHT (EAST)
12. PUNCH RIGHT (NORTH)
14. TURN RIGHT AND PUSH (NORTHEAST)
16. DEFLECT AND PUNCH (NORTHEAST)
18. WILD HORSE PARTS MANE LEFT (NORTHWEST)
20. TURN LEFT AND ROLL BACK (WEST)
22. TURN RIGHT AND PUSH (NORTH)
24. HOLD UP RIGHT LEG AND PUNCH (NORTH)
26. FAIR LADY SHUTTLES RIGHT (NORTH)
28. CRANE SPREADS WINGS (NORTH)
30. WITHDRAW AND SPLIT (SOUTH)
32. STRIKE EARS WITH FISTS (SOUTH)
34. DEFLECT AND PUNCH (SOUTH)
36. RUB BETWEEN ARMS (SOUTHEAST)
38. STRIKE WITH RIGHT PALM (SOUTHWEST)
40. NEUTRALIZE AND ELBOW RIGHT (SOUTHWEST)
42. CHANGE STEPS AND SPLIT (WEST)
44. TURN LEFT AND ROLL BACK (EAST)
46. PRESS FORWARD (EAST)
48. TURN LEFT AND SHOULDER LEFT (EAST)
50. GOLDEN COCK STANDS ON RIGHT FOOT (EAST)
52. KICK WITH LEFT HEEL (EAST)
54. SPLIT ARM LEFT (EAST)
56. HOLD UP RIGHT LEG (EAST)
58. HOLD UP LEFT LEG (EAST)
60. SHOULDER RIGHT (EAST)
62. WAVE HANDS RIGHT (SOUTH)
64. WAVE HANDS LEFT (NORTH)
66. TURN RIGHT AND PUNCH (EAST)
68. CRANE SPREADS ITS WINGS (EAST)
70. SLANTING FLIGHT LEFT (EAST)
72. SLANTING FLIGHT RIGHT (EAST)
74. TURN RIGHT AND PUNCH (SOUTHEAST)
76. STRIKE WITH LEFT PALM (EAST)
78. STRIKE WITH RIGHT PALM (EAST)
80. STEP FORWARD TO MEET DIPPER (EAST)
82. SPREAD ARMS LIKE A FAN (EAST)
84. BEND BOW AND SHOOT TIGER (WEST)
86. PUNCH UNDER ELBOW (WEST)
88. EMBRACE TIGER TO MOUNTAIN (WEST)
90. TURN RIGHT AND PULL BACK (SOUTH)
92. TURN RIGHT AND RIDE TIGER (WEST)



1. "A" STEP FORWARD AND PUNCH (EAST)



2. "B" RAISE HANDS (WEST)



2.(A) TRANSITION TO 3.



3. "A" WARD OFF AND PUNCH (EAST)



3.(A) TRANSITION TO 4



4. "B" DEFLECT AND PUNCH (WEST)



5. "A" STEP FORWARD AND
SHOULDER LEFT (EAST)



5(A) TRANSITION TO 6



6. "B" HIT TIGER RIGHT (EAST)



7. "A" ELBOW LEFT (WEST)



8. "B" PUSH RIGHT (EAST)



9. "A" PUNCH LEFT (WEST)



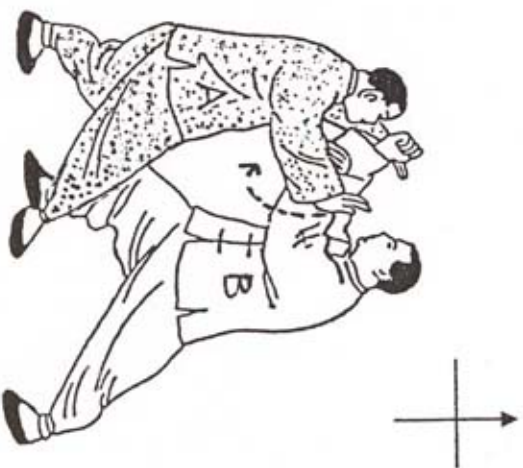
10. "B" SHOULDER RIGHT (EAST)



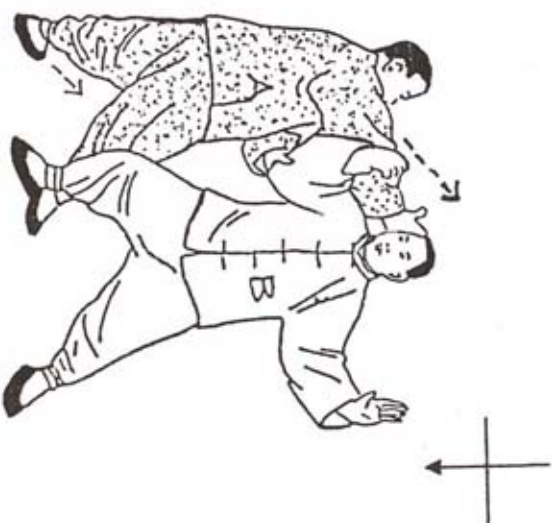
10(A) TRANSITION TO 11



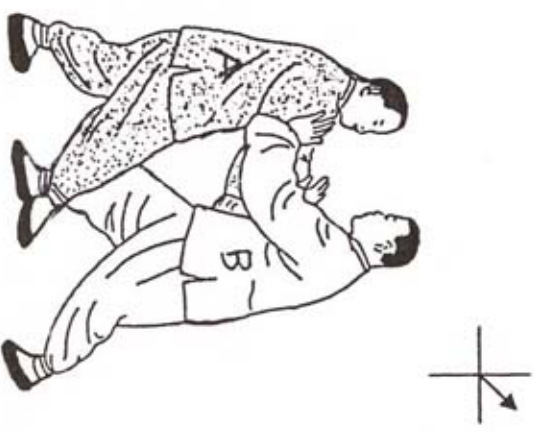
11. "A" HIT TIGER LEFT (SOUTH)



12. "B" PUNCH RIGHT (NORTH)



13. "A" RAISE HANDS (SOUTH)



14. "B" TURN RIGHT AND PUSH
(NORTHEAST)



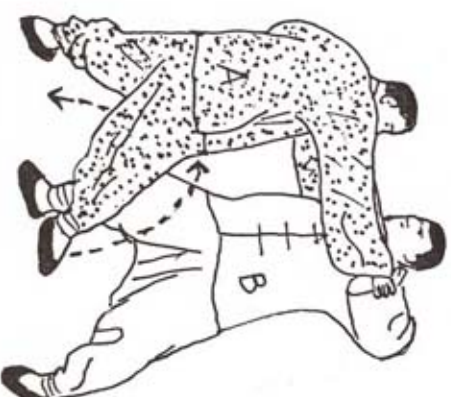
15. "A" FOLD ARMS AND PUNCH
(SOUTHWEST)



15.(A) TRANSITION TO 16

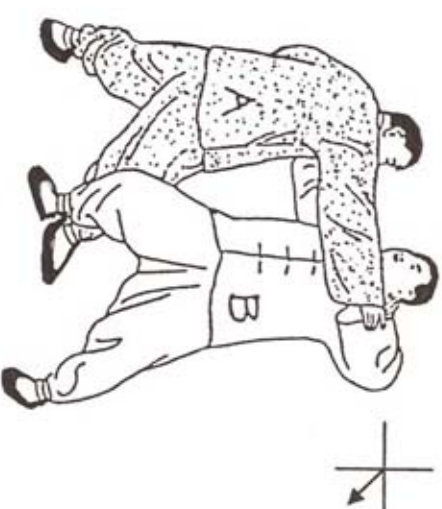


16. "B" DEFLECT AND PUNCH
(NORTHEAST)



View from Southeast

View from Northwest



17. "A" SPLIT HORIZONTALLY
(SOUTHEAST)



17.(A) TRANSITION TO 18



18. "B" WILD HORSE PARTS MANE LEFT (NORTHWEST)

View from Northeast



View from Southwest



19. "A" HIT TIGER RIGHT (SOUTHEAST)



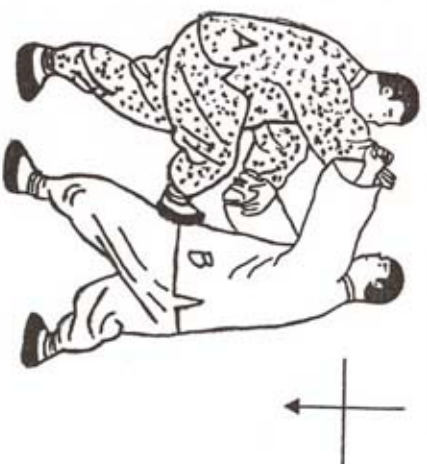
21. "A" STEP FORWARD AND SHOULDER LEFT (EAST)



20. "B" TURN LEFT AND ROLL BACK (WEST)



22. "B" TURN RIGHT AND PUSH (NORTH)



23. "A" SEPARATE HANDS AND KICK WITH
RIGHT HEEL (SOUTH)

View from West



View from East



24. "B" HOLD UP RIGHT LEG AND PUNCH
(NORTH)



24. (A.) TRANSITION to 25



25. "A" PULL AND SPLIT (SOUTH)



26. "B" FAIR LADY SHUTTLES RIGHT
(NORTH)

View from East



View from West



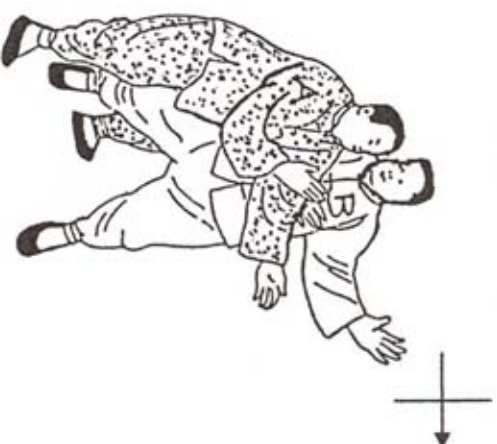
27. "A" WARD OFF AND PUNCH (SOUTH)



28. "B" CRANE SPREADS WINGS (NORTH)



28. (A.) TRANSITION to 29



29. "A" STEP FORWARD AND SHOULDER
LEFT (EAST)



30. "B" WITHDRAW AND SPLIT (SOUTH)



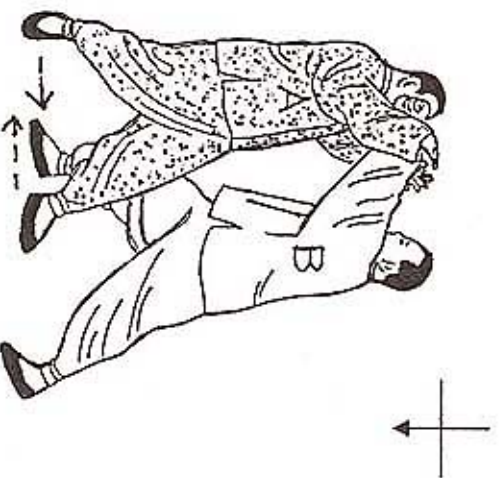
30. (A.) TRANSITION to 30. (B.)



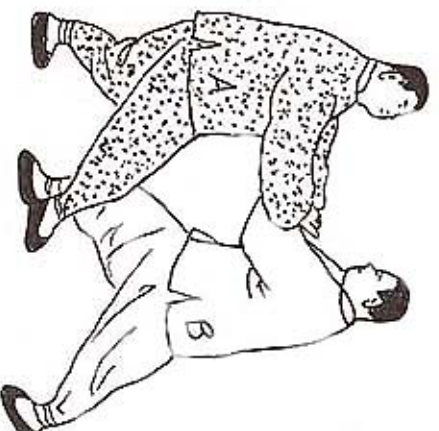
30. (B.) TRANSITION to 31



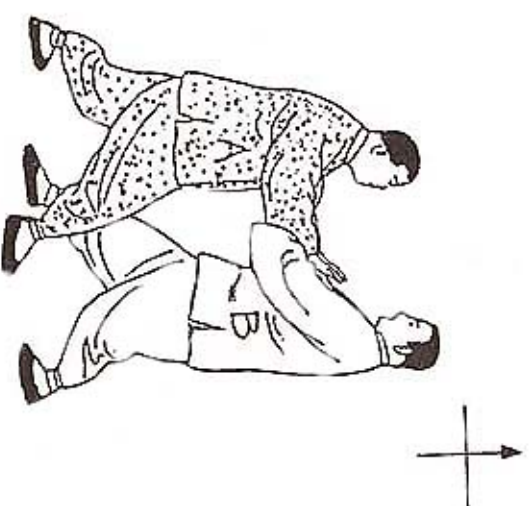
31. "A" ROLL BACK AND PUSH (NORTH)



32. "B" STRIKE EARS WITH FISTS (SOUTH)



32. (A.) TRANSITION to 33



33. "A" PUSH DOWN (NORTH)



34. "B" DEFLECT AND PUNCH (SOUTH)



35. "A" PUSH ASIDE (SOUTH)



36. "B" RUB BETWEEN ARMS (SOUTHEAST)



37. "A" PUSH OUT (EAST)



38. "B" STRIKE WITH RIGHT PALM (SOUTHWEST)



38. (A.) TRANSITION TO 39



39. "A" NEUTRALIZE AND PUSH (EAST)



40. "B" NEUTRALIZE AND ELBOW RIGHT (SOUTHWEST)



41. "A" PULL AND SPLIT (NORTHEAST)



42. "B" CHANGE STEPS AND SPLIT (WEST)

43. "A" HIT TIGER RIGHT (WEST)



43. (A.) START OF CROSSOVER STEP
TRANSITION TO 44

43. (B.) MIDDLE OF CROSSOVER STEP
TRANSITION TO 44

44. "B" TURN LEFT AND ROLL BACK (EAST)



45. "A" STEP FORWARD AND SHOULDER
LEFT (WEST)



46. "B" PRESS FORWARD (EAST)



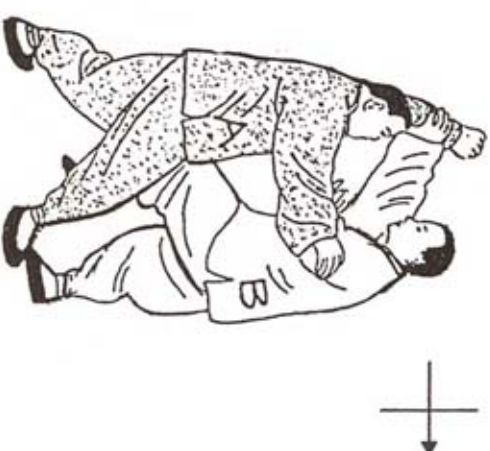
47. "A" SEPARATE ARMS AND SHOULDER
RIGHT (WEST)



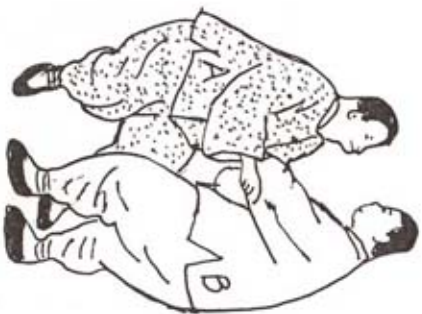
8. "B" TURN LEFT AND SHOULDER LEFT
(EAST)



49. "A" ELBOW RIGHT (WEST)



50. "B" GOLDEN COCK STANDS ON RIGHT
FOOT (EAST)



51. "A" WITHDRAW AND NEUTRALIZE
(WEST)



53. "A" STEP FORWARD AND SHOULDER
LEFT (WEST)



52. "B" KICK WITH LEFT HEEL (EAST)



54. "B" SPLIT LEFT ARM (EAST)



52. (A.) "A" SWEEPS "B's" LEFT LEG
STEPS INTO 53



54. (A.) START OF TRANSITION TO 55



54. (B.) MIDDLE OF TRANSITION TO 55



55. "A" SEPARATE RIGHT FOOT (WEST)



56. "B" HOLD UP RIGHT LEG (EAST)



57. "A" SEPARATE LEFT FOOT (WEST)



58. "B" HOLD UP LEFT LEG (EAST)



59. "A" SHOULDER RIGHT (WEST)



60. "B" SHOULDER RIGHT (EAST)



61. "A" WARD OFF LEFT (WEST)



62. "B" WAVE HANDS RIGHT (SOUTH)



63. "A" WARD OFF RIGHT (WEST)



64. "B" WAVE HANDS LEFT (NORTH)



65. "A" WARD OFF LEFT AND RIGHT (SOUTH)



66. "B" TURN RIGHT AND PUNCH (EAST)



67. "A" HIGH PAT ON HORSE (WEST)



68. "B" CRANE SPREADS WINGS (EAST)



69. "A" KICK WITH SWEEPING FOOT
(WEST)



69. (A.) TRANSITION TO 70.



70. "B" SLANTING FLIGHT LEFT (EAST)



71. "A" SNAKE CREEPS DOWN (WEST)



72. "B" SLANTING FLIGHT RIGHT (EAST)



73. "A" HIT TIGER LEFT (NORTH)



74. "B" TURN RIGHT AND PUNCH
(SOUTHEAST)



75. "A" MONKEY STEPS BACK RIGHT
(WEST)



76. "B" STRIKE WITH LEFT PALM (EAST)



77. "A" MONKEY STEPS BACK LEFT (WEST)



77. (A.) TRANSITION TO 78.



78. "B" STRIKE WITH RIGHT PALM (EAST)



79. "A" MONKEY STEPS BACK RIGHT (WEST)



80. "B" STEP FORWARD TO MEET DIPPER (EAST)



81. "A" NEEDLE AT SEA BOTTOM (WEST)



82. "B" SPREAD ARMS LIKE A FAN (EAST)



83. "A" PLAY GUITAR (NORTHWEST)



84. "B" BEND BOW AND SHOOT TIGER (WEST)



85. "A" SINGLE WHIP (EAST)



86. "B" PUNCH UNDER ELBOW (WEST)



87. "A" CROSS ARMS (EAST)



88. "B" EMBRACE TIGER TO MOUNTAIN
(WEST)



88. (A.) TRANSITION TO 89.



89. "A" WITHDRAW AND PULL BACK
(SOUTH)



90. "B" TURN RIGHT AND PULL BACK
(SOUTH)



91. "A" TURN RIGHT AND RIDE TIGER
(EAST)



92. "B" TURN RIGHT AND RIDE TIGER
(WEST)