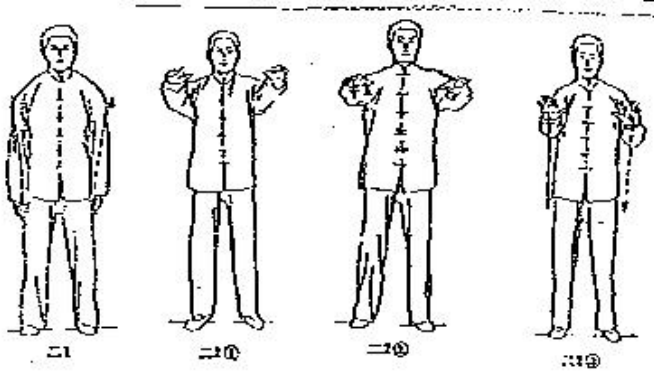
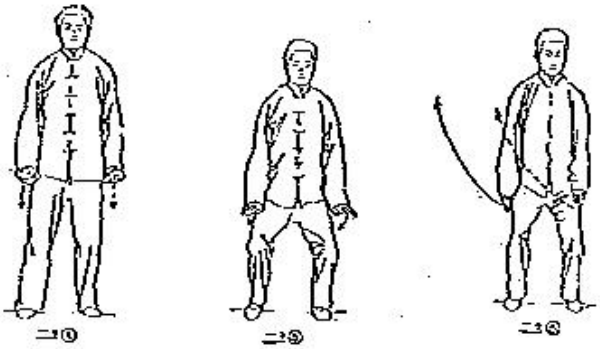
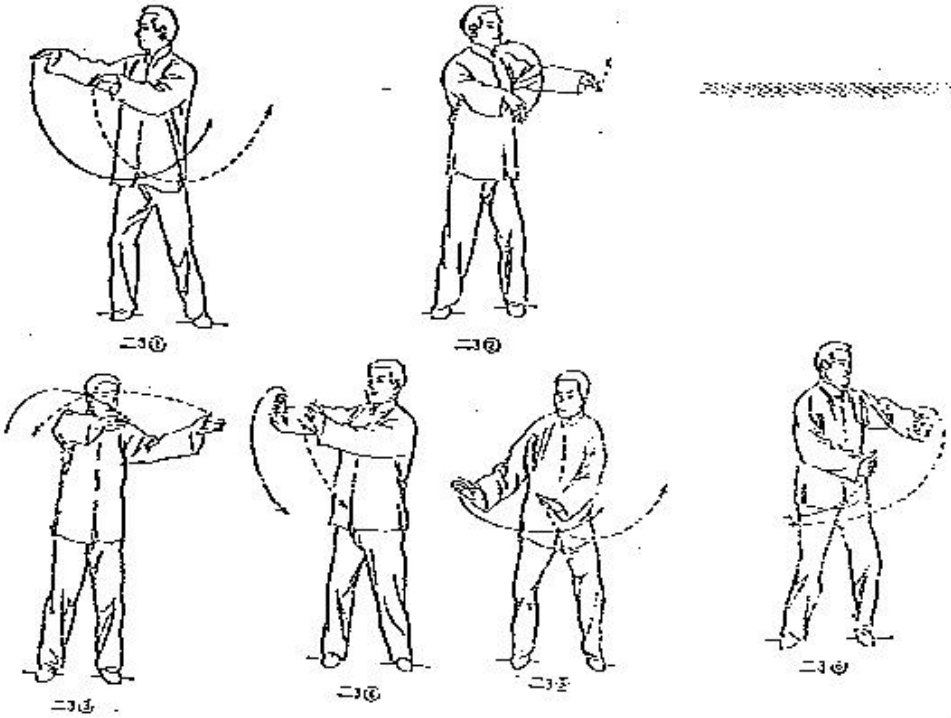
SIMPLIFIED CHEN 24 MOVEMENT FORM OF GRAND MASTER FENG ZHIQIANG

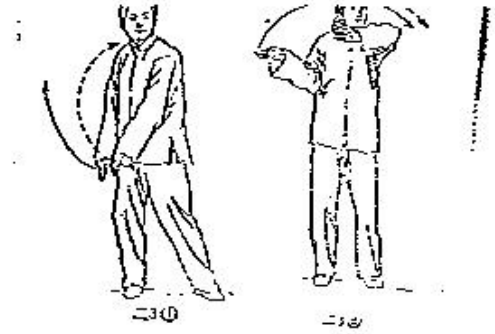
1. Preparation Form
2. Buddha's Warrior Attendant Pounds Mortar
3. Lazy about Tying Coat (Casually Tying up the Coat)
4. Six Sealing and Four Closing (All the directions)
5. Single Whip
6. The White Crane Spreads its Wings
7. Walk Obliquely and Twist Step on Both Sides (BKTS)
8. Lifting Hands and Raising Leg
9. Wade Forward and Twist Step on Both Sides
10. The Fist of "Covering Hand and Arm"
11. The Punch of "Draping over Body"
12. Lean with Back
13. The Blue Dragon Goes Out of Water
14. Double Push Hands
15. Change Palm Three Times
16. Step Back and Whirl Arms
17. Step Back and Press Elbows
18. Middle Winding
19. Flash the Back
20. The Punch of "Hitting the Ground"
21. Chest-level Fisting (Striking)
22. Sink Waist with Elbow Down
23. The Cannon Right Over Head
24. Closing Form

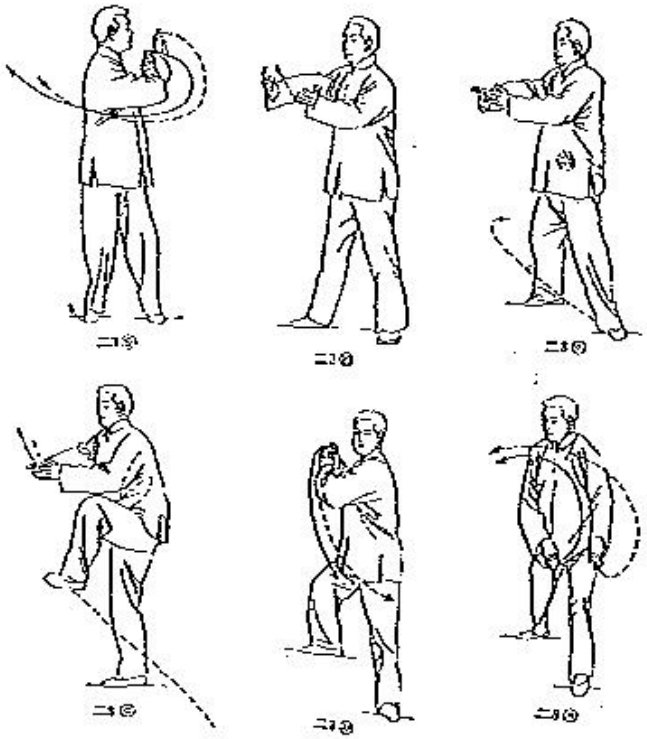


#1 Beginning the Form

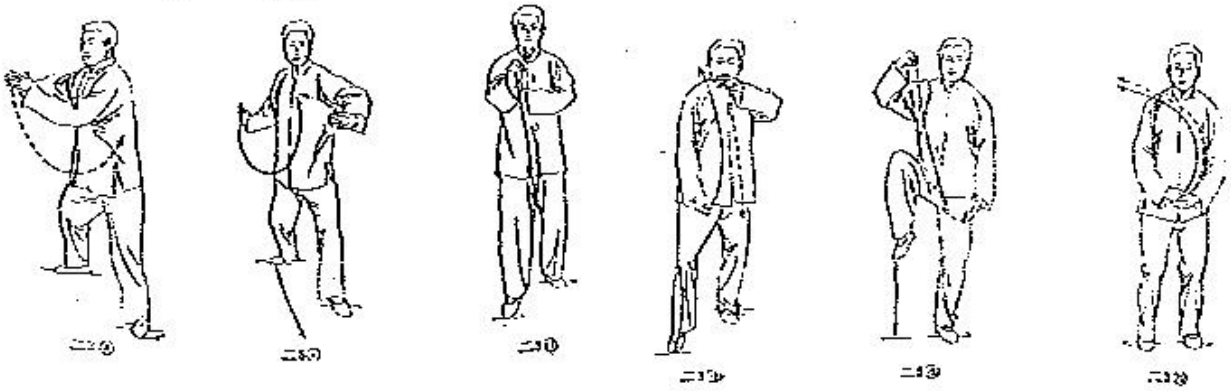


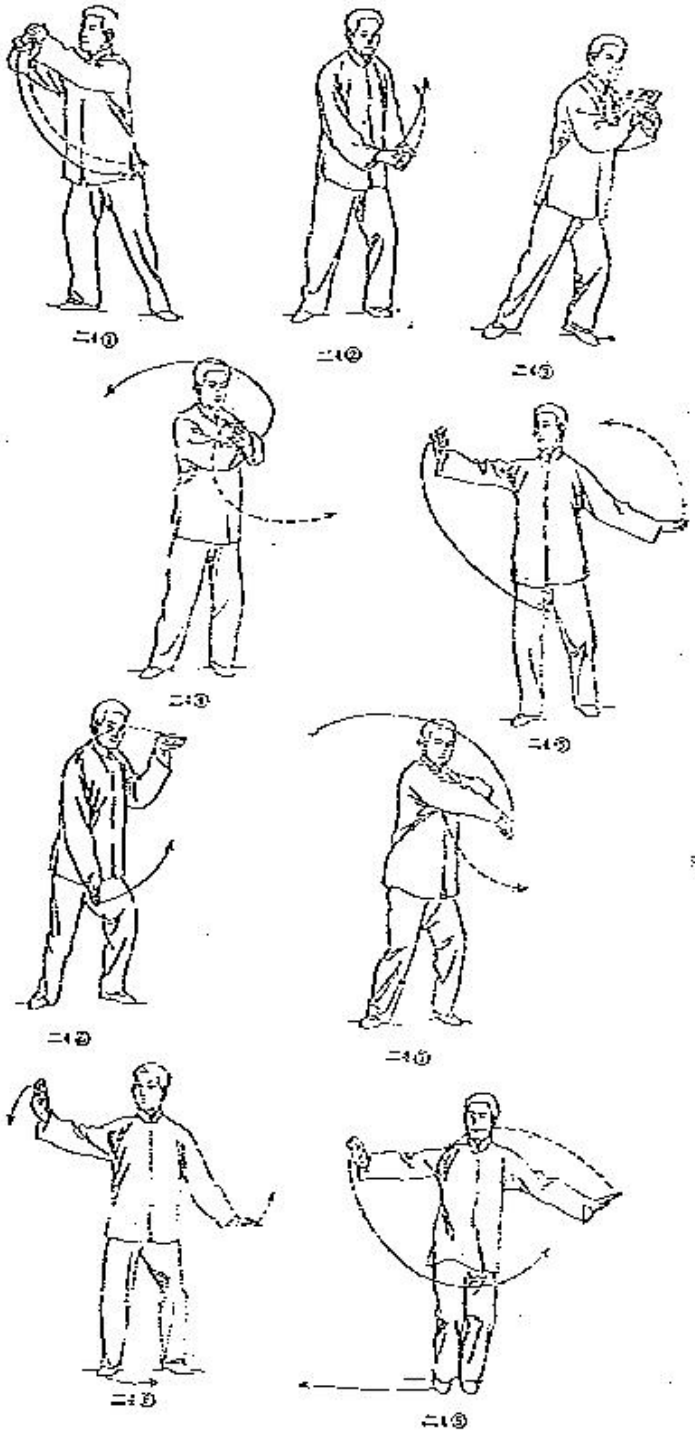


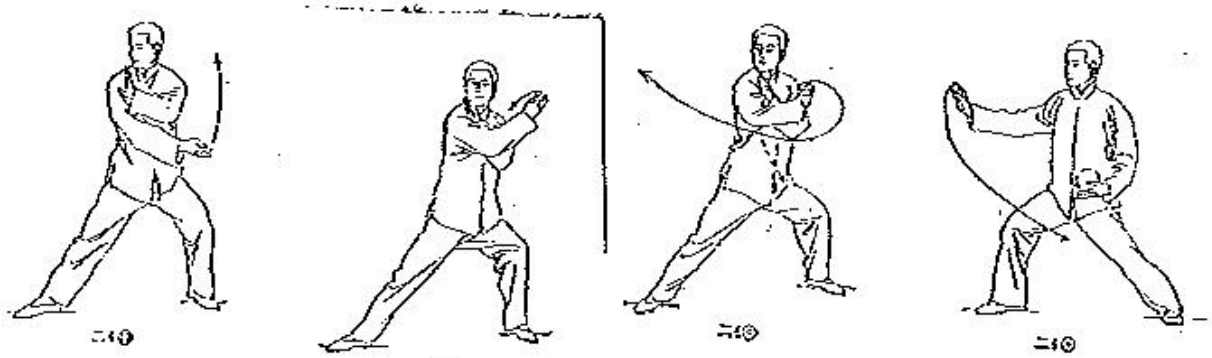




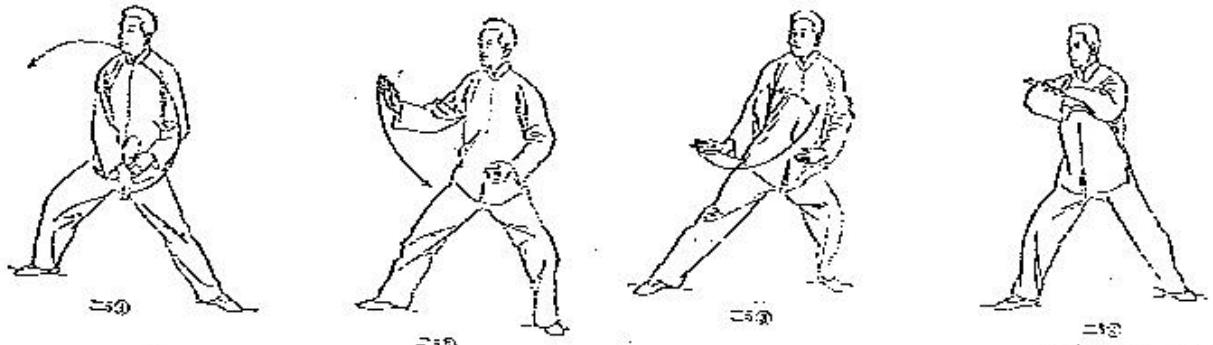
#2 Buddha's Warrior Attendant
Pounds the Mortar





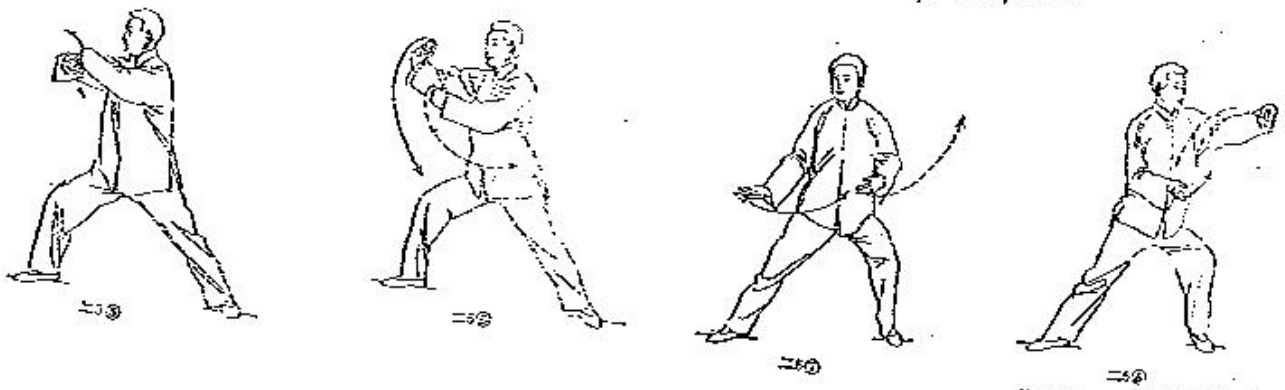


#3 Lazy about Tying Coat

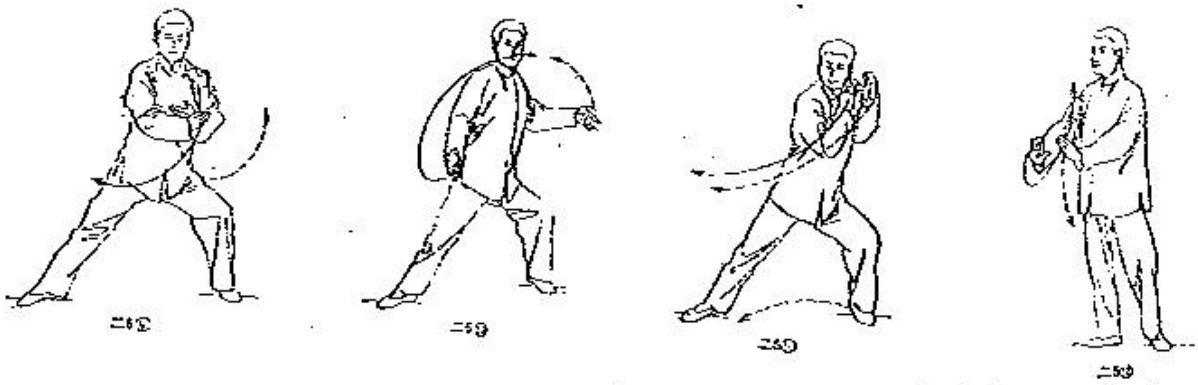


"Gee" or Press

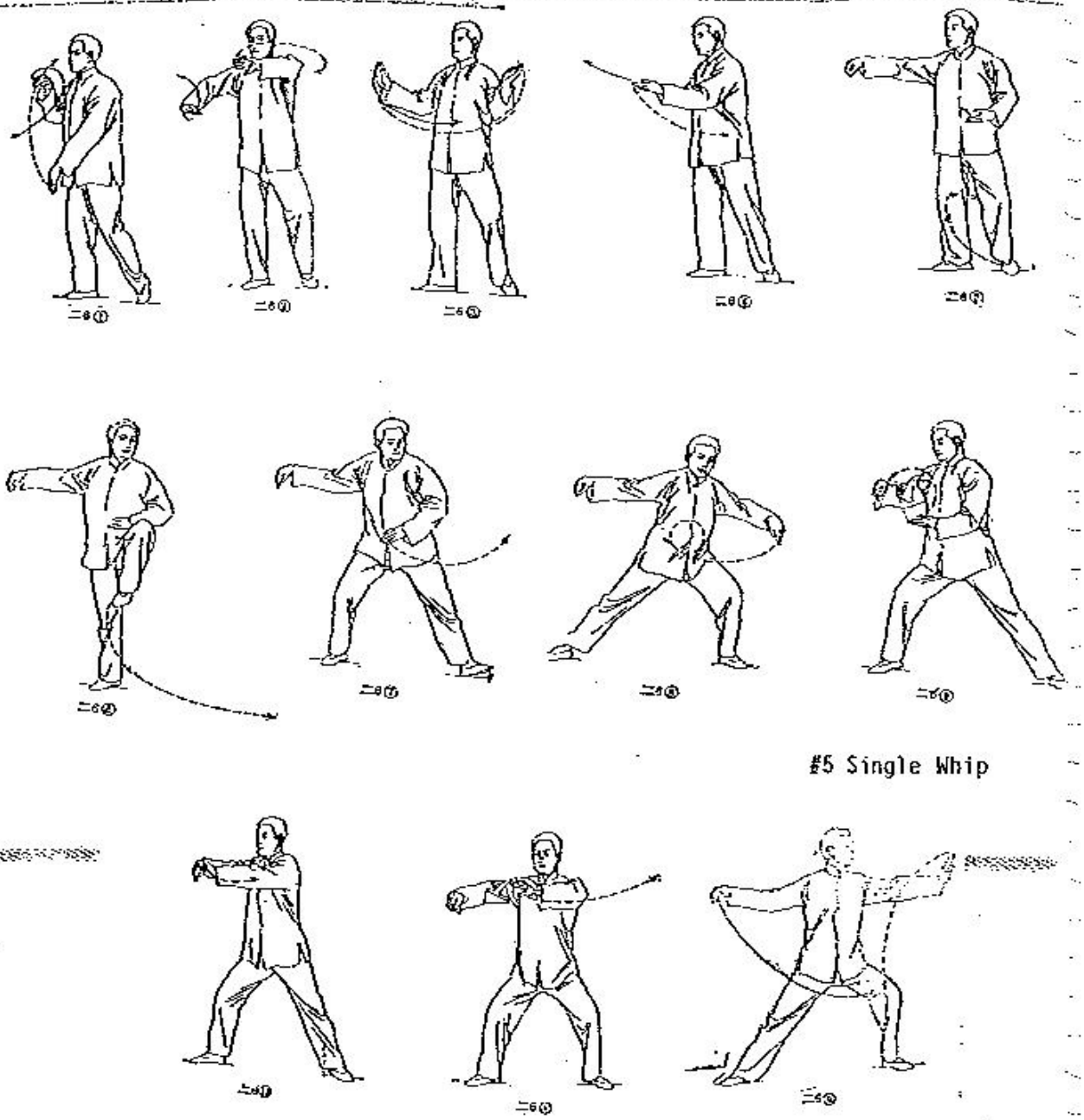
#4 Six Sealing and Four Closing Sequence



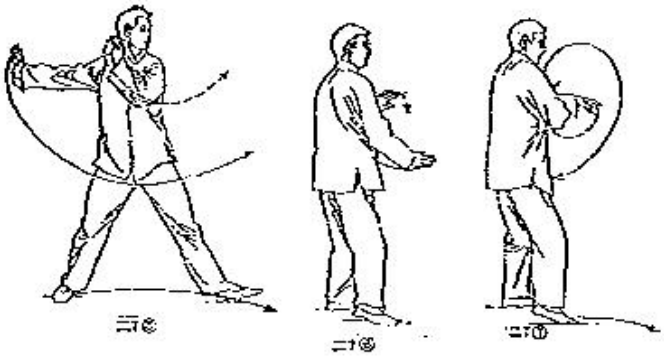
"Lu" or Roll Back



Push Down or "An"



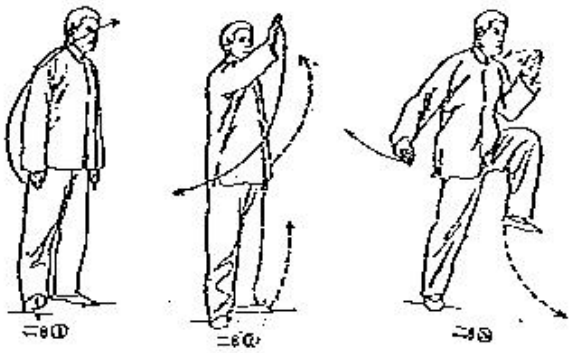
#5 Single Whip



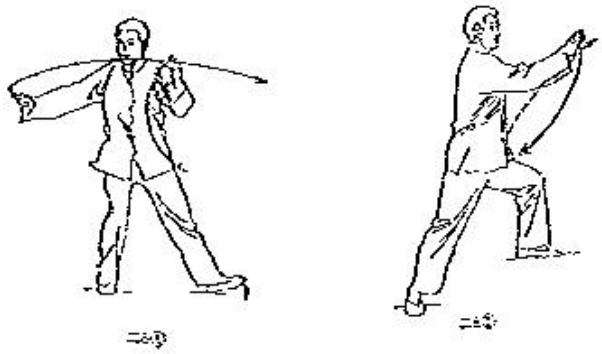
Shoulder strike
or "Kow"

#6. White Crane Spreads Wings

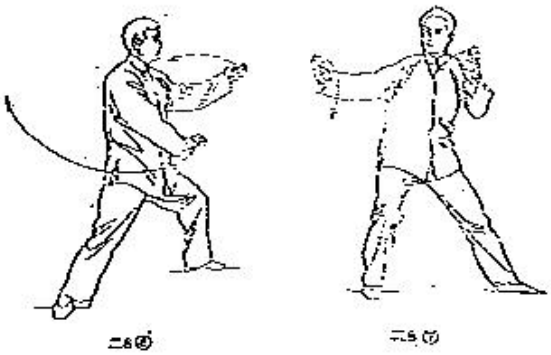
End of Section One

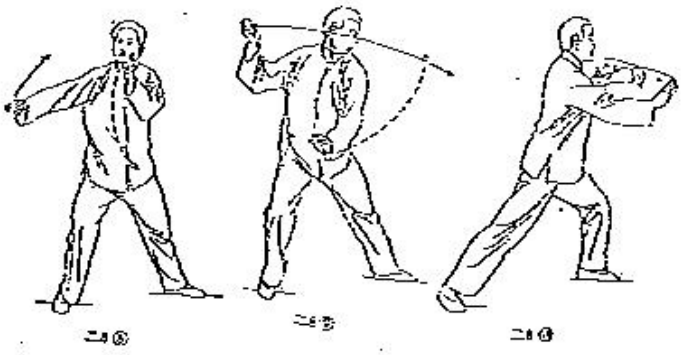


#7 Walk Obliquely with Twist Step

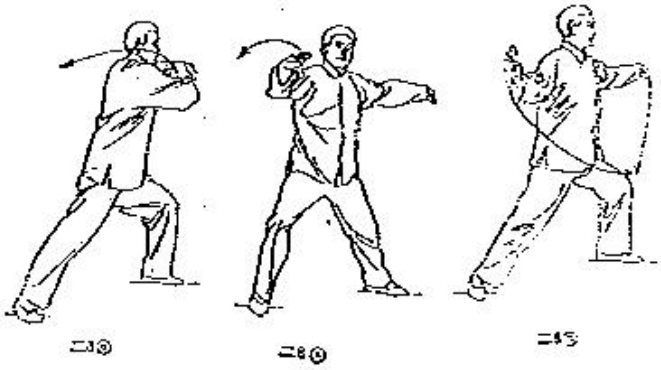


#7 Walk Obliquely with Twist Step



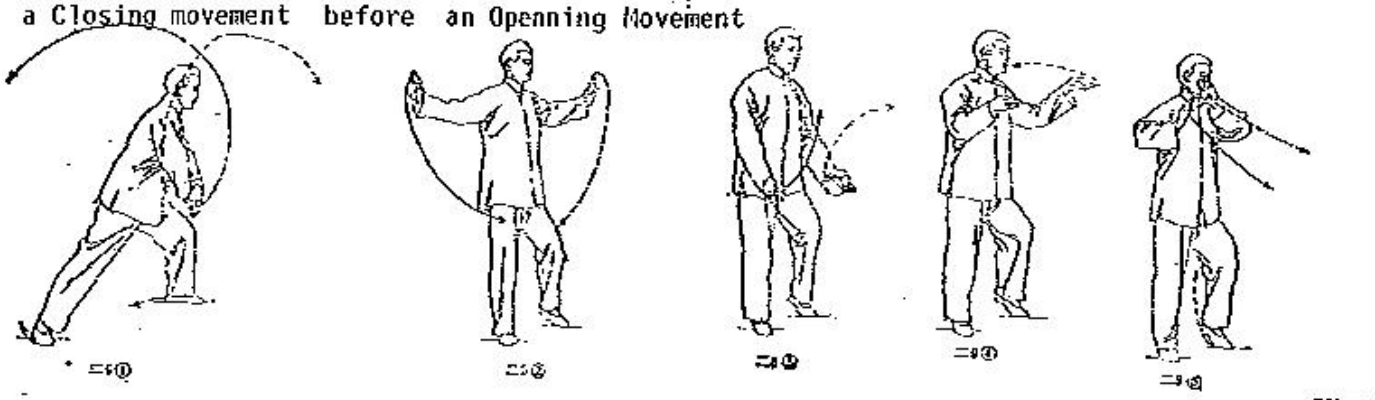


like B.K.T.S.



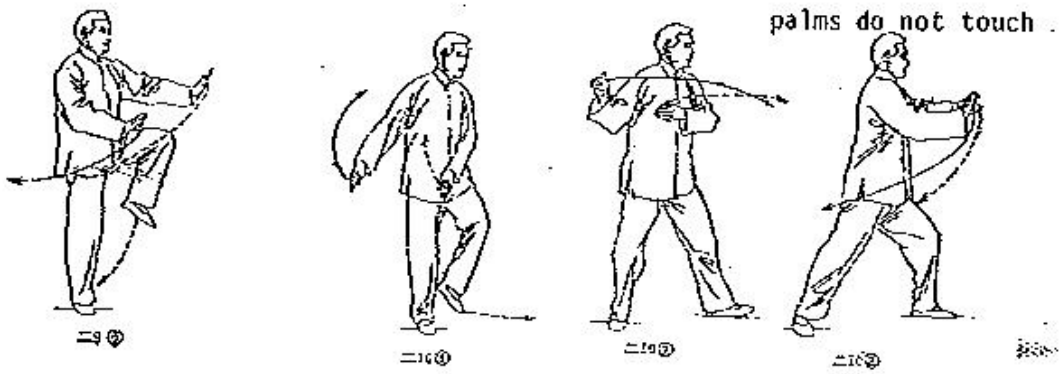
like a Reverse Single Whip

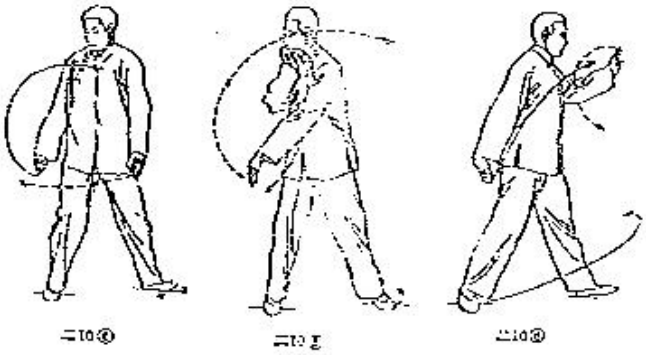
"huh" "kai"
a Closing movement before an Openning Movement

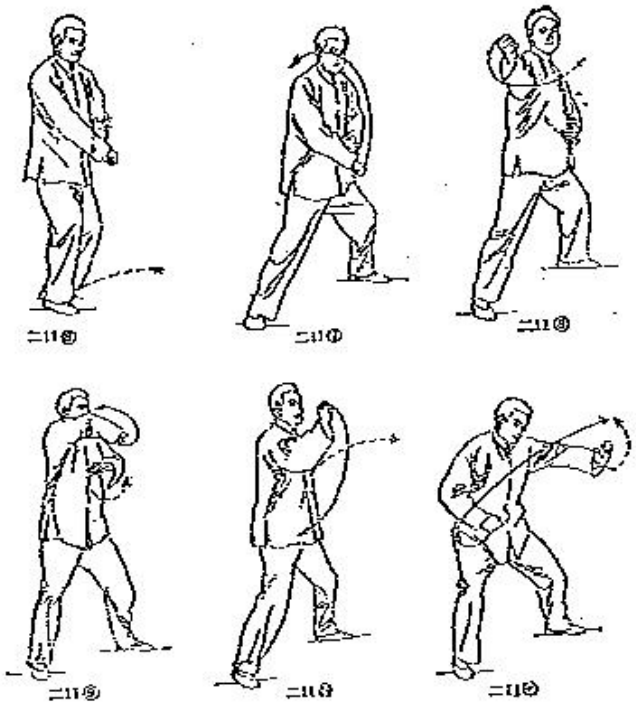


#8 First Closing

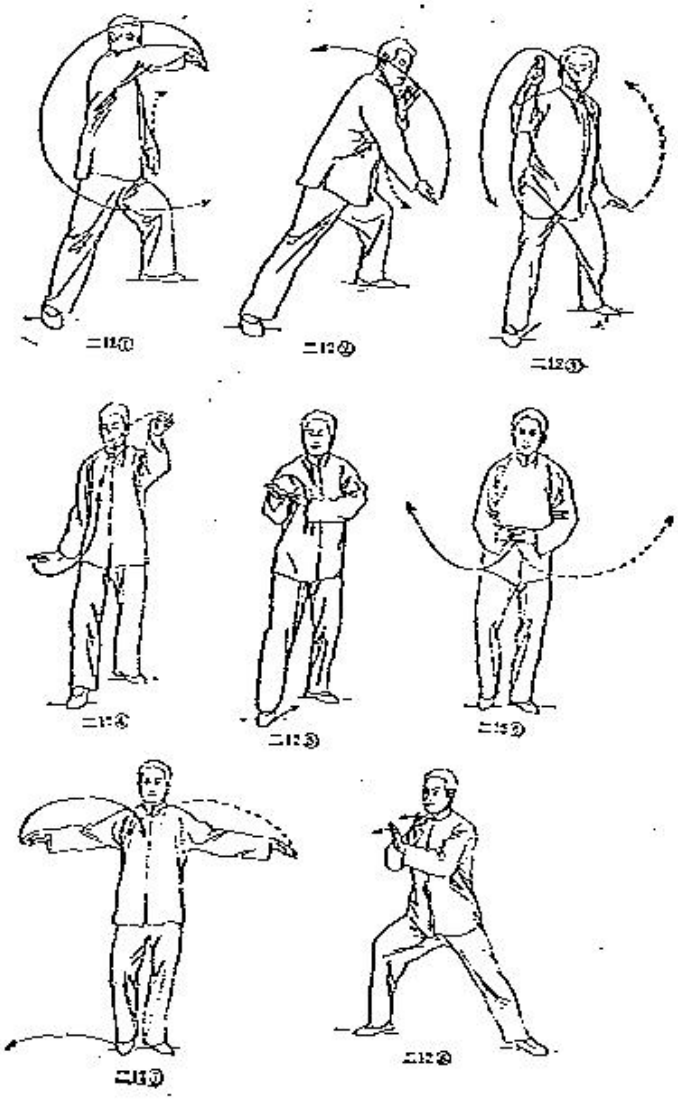
palms do not touch

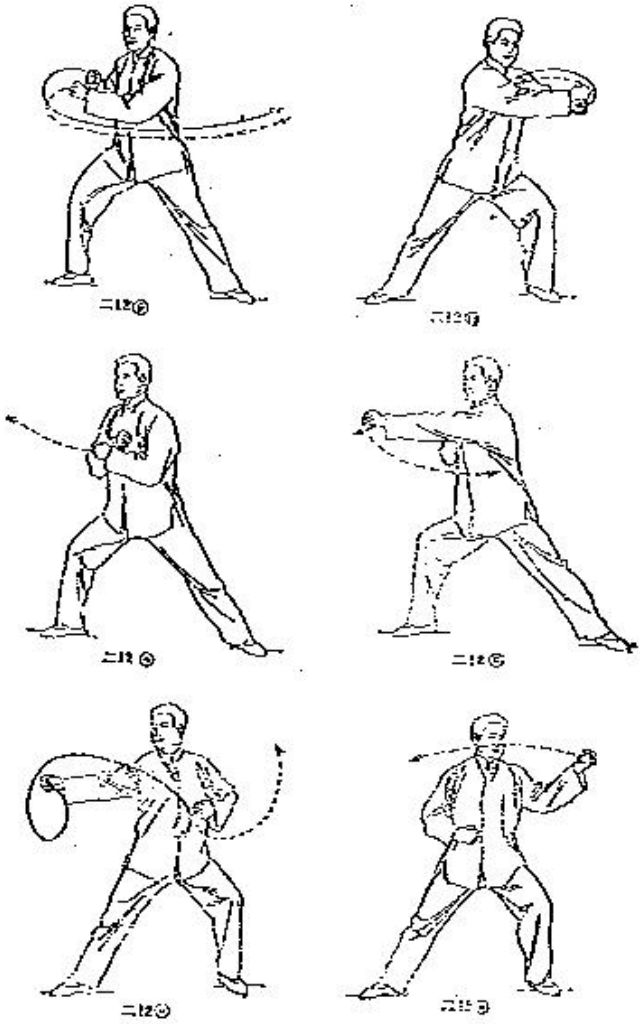




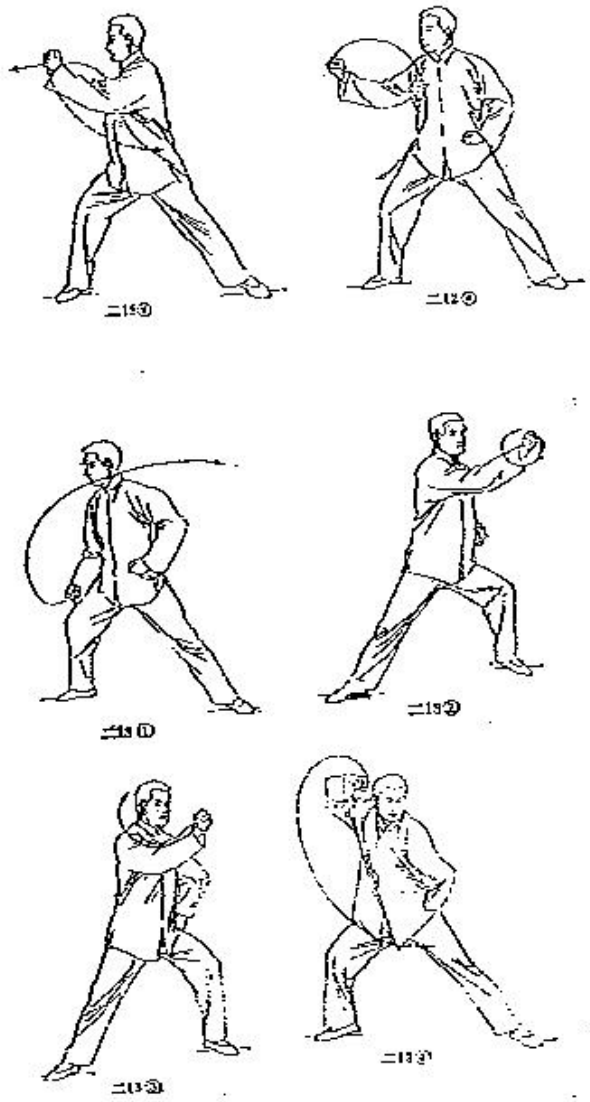


#10 The Fist of Covering Hand and Arm





#11.Draping Over the Body Fist

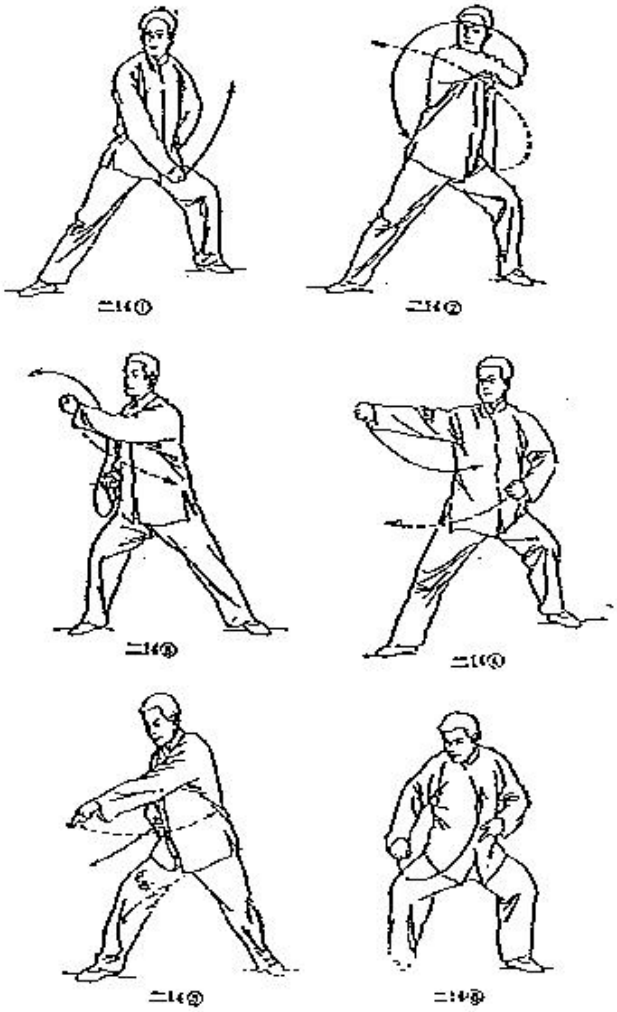


#12. Lean with Back

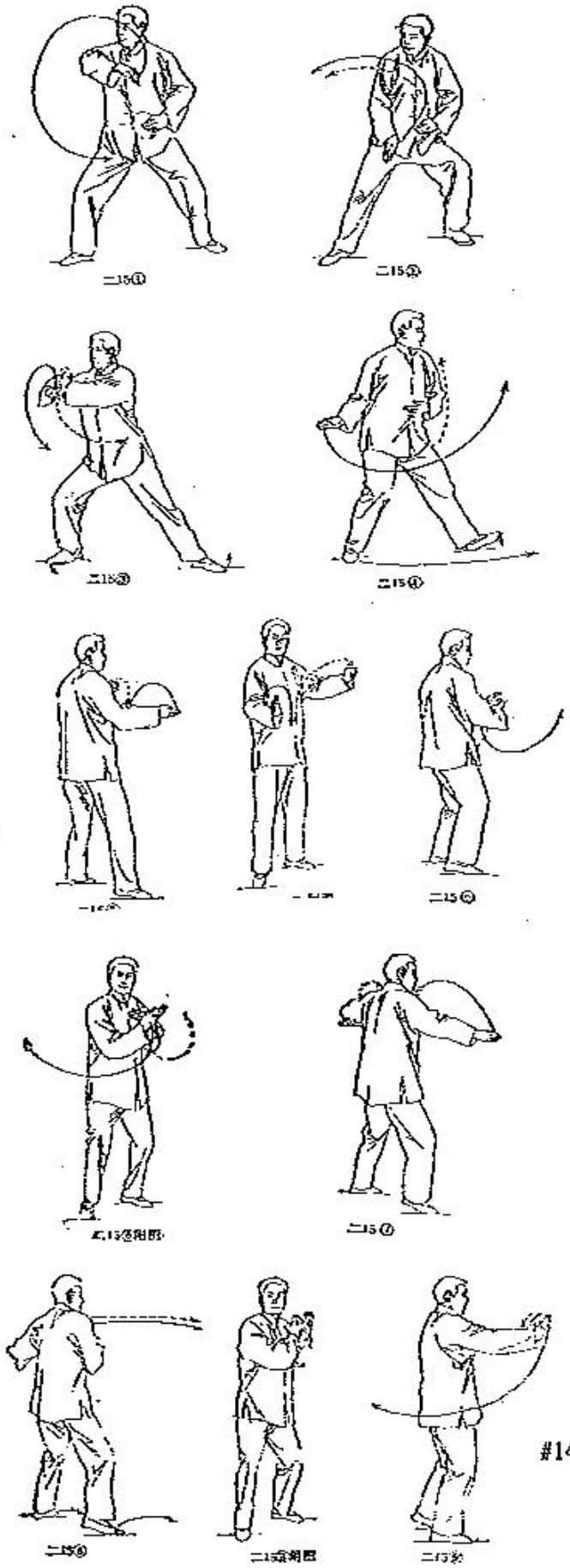
End of Second Section

End of Section Two

Five Turn of the Waiste Section

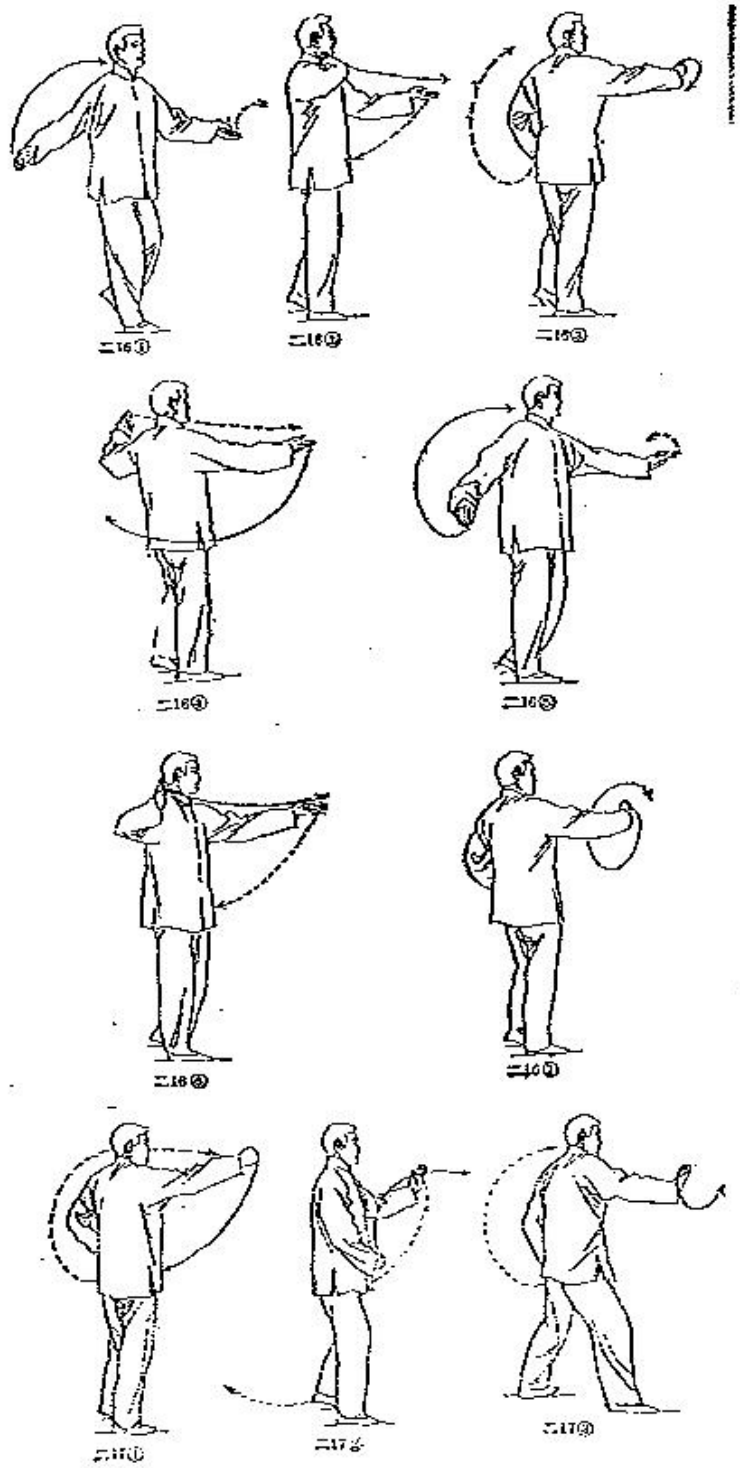


#13 Blue Dragon Emerges From the Water



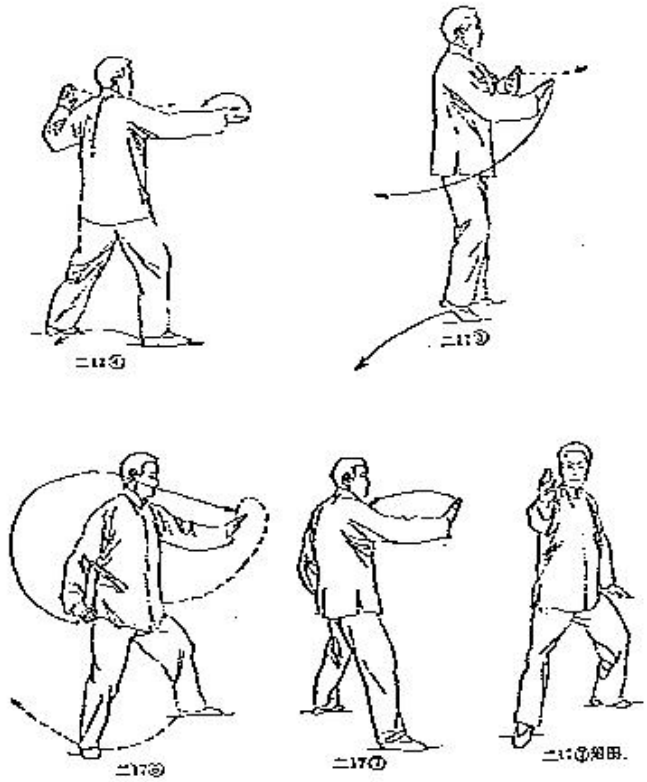
#14 Double Hand Push

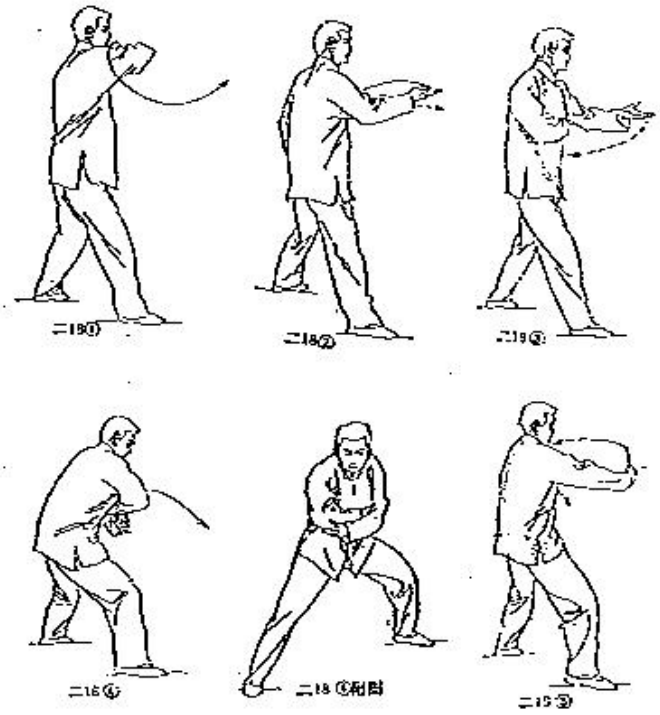
#15 Change Palms
Three Times



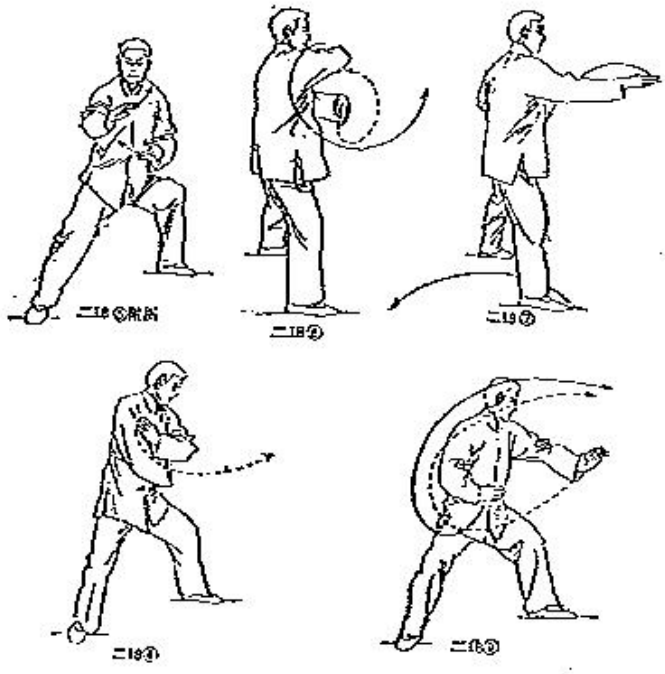
Fist Under Elbow

#17 Step Back and Whirl Arms (3x)

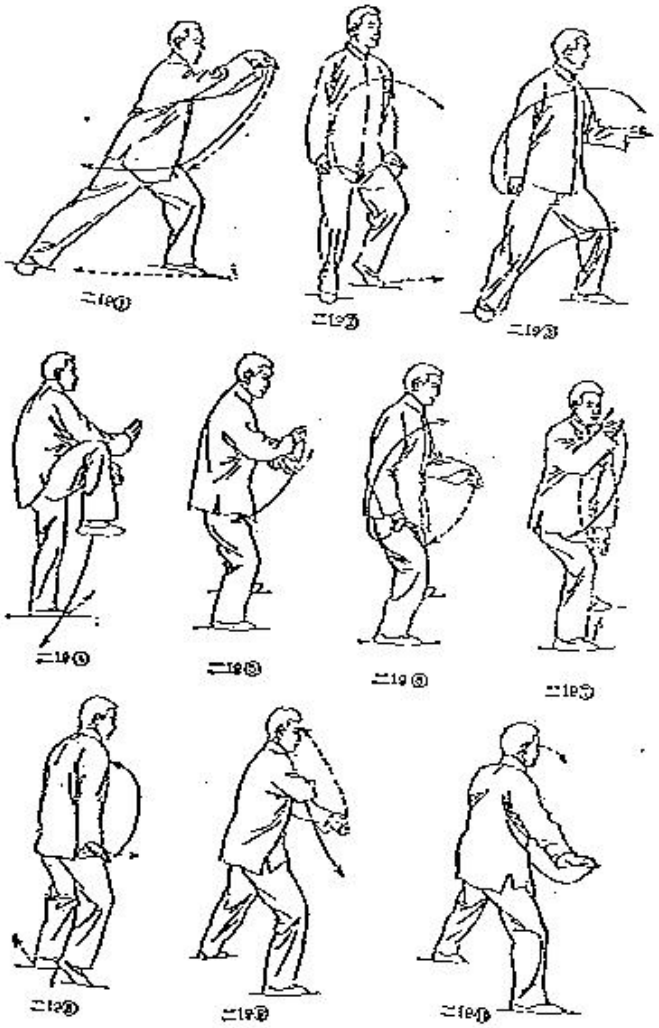




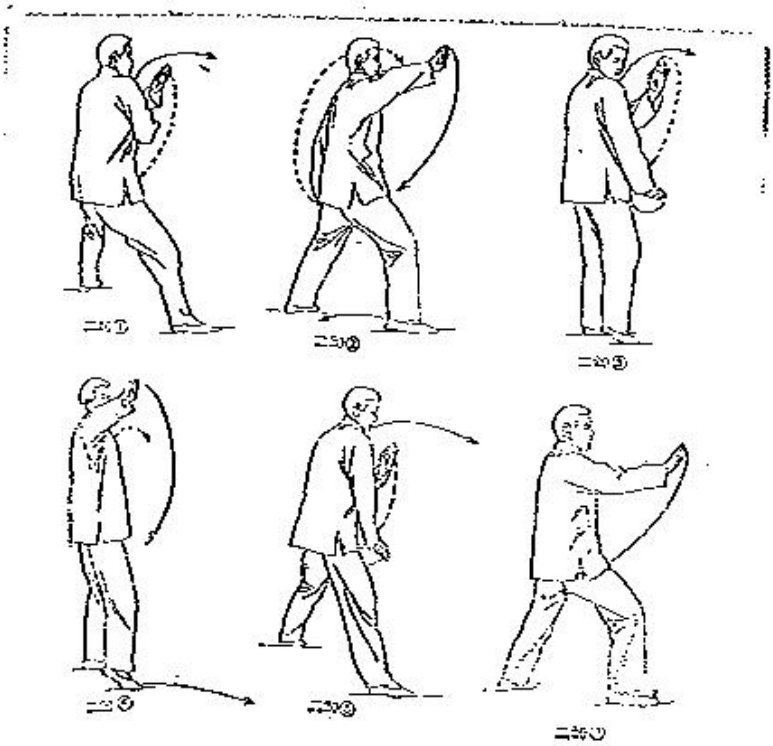
#18 Strp Back and Press Elbow



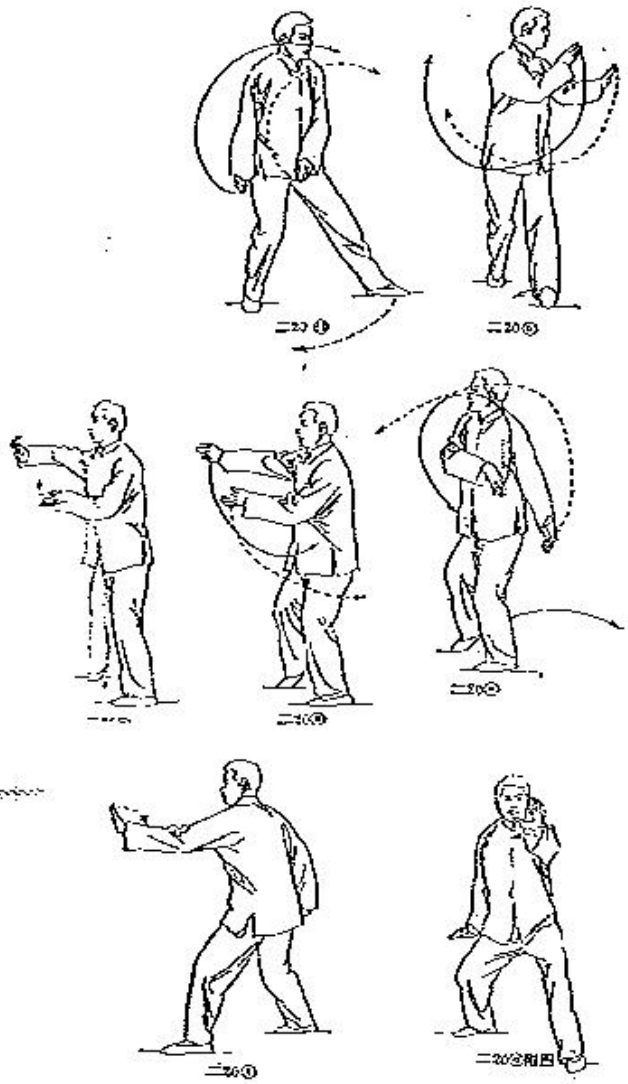
End of Section Three



#19. Middle Winding

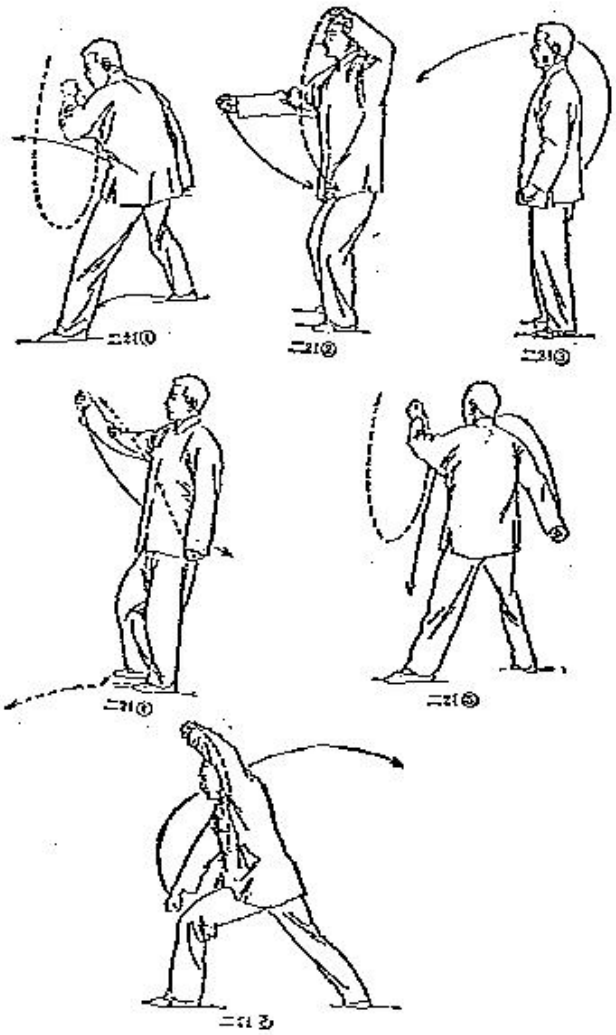


White Snake Spits Out its Tongue

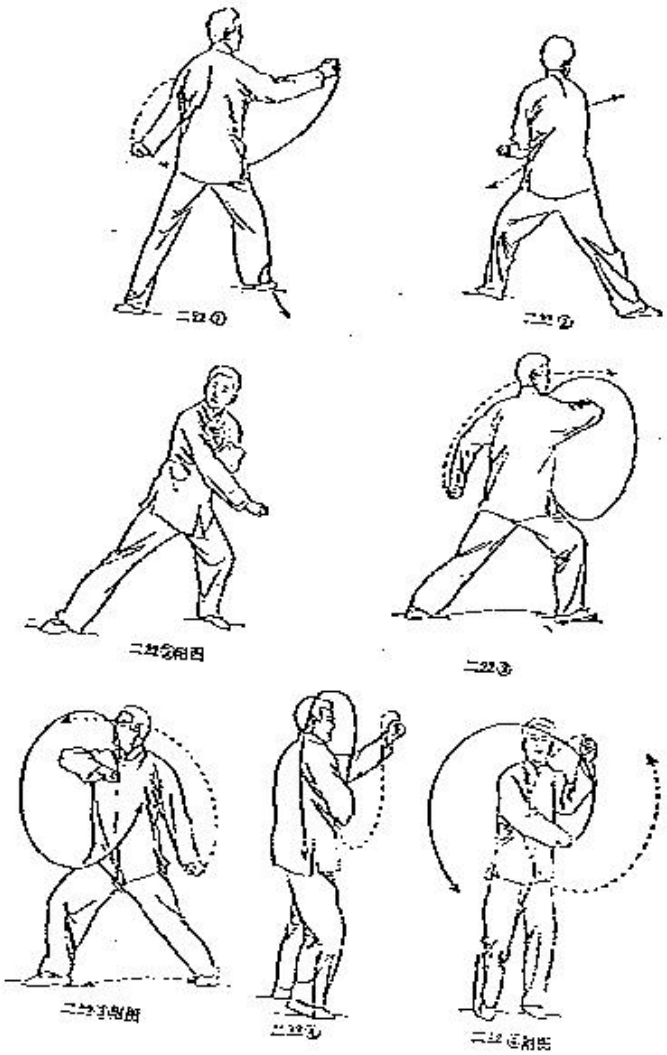


#20 Flash the Back

Step up and Punch

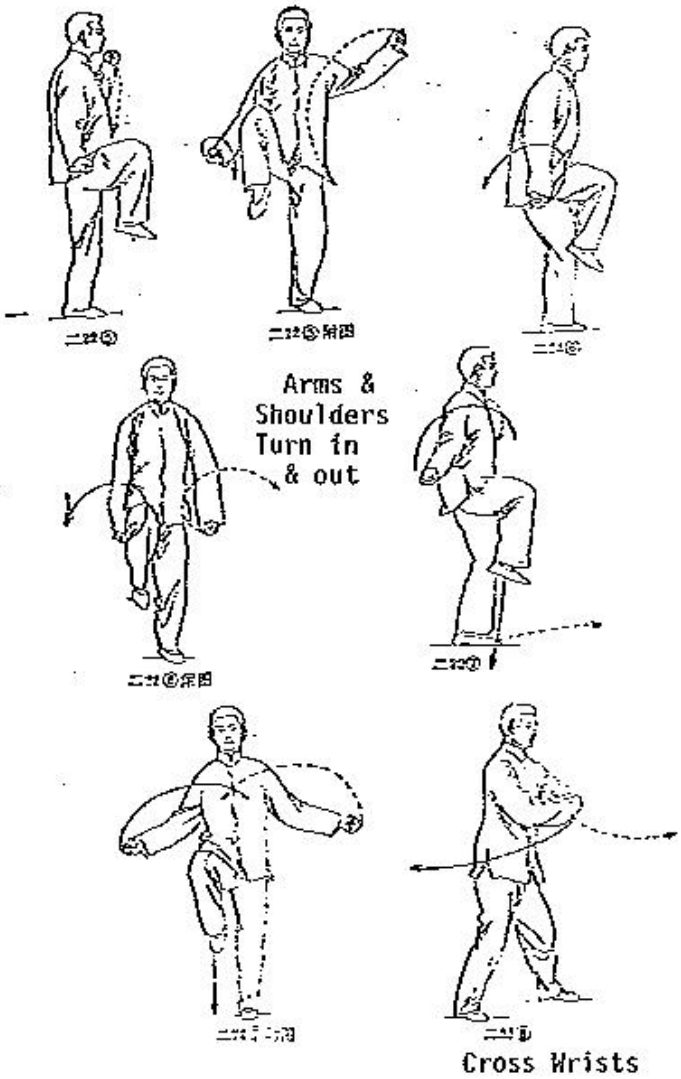


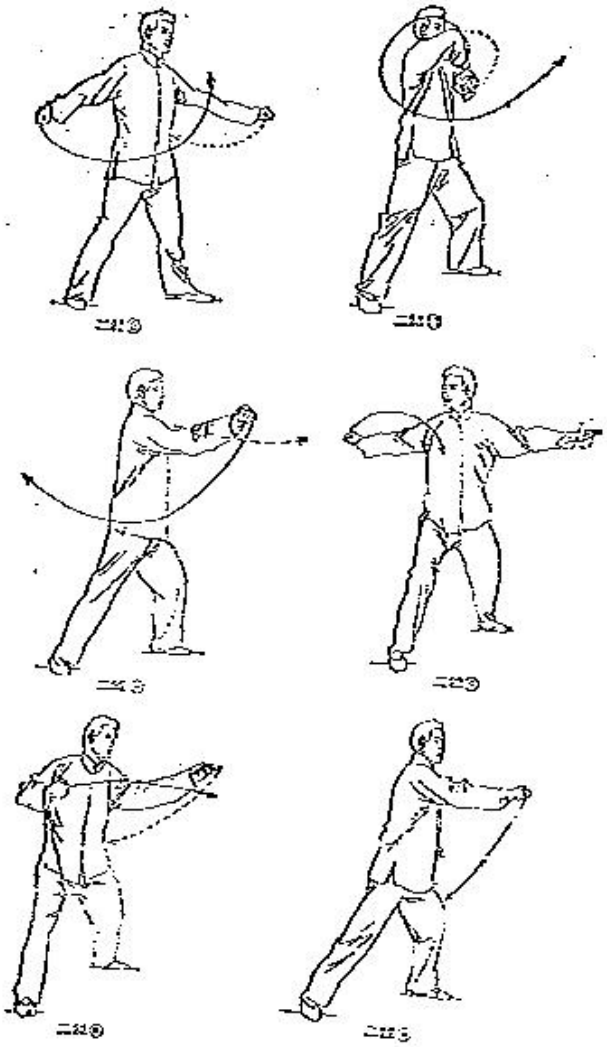
#21. Punch the Ground Fist



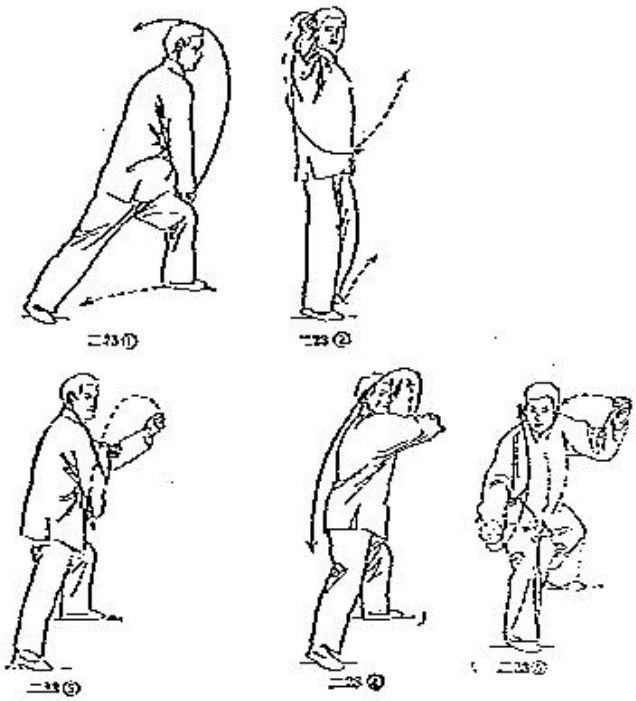
Elbow or '

Turn Body and Raise Knee



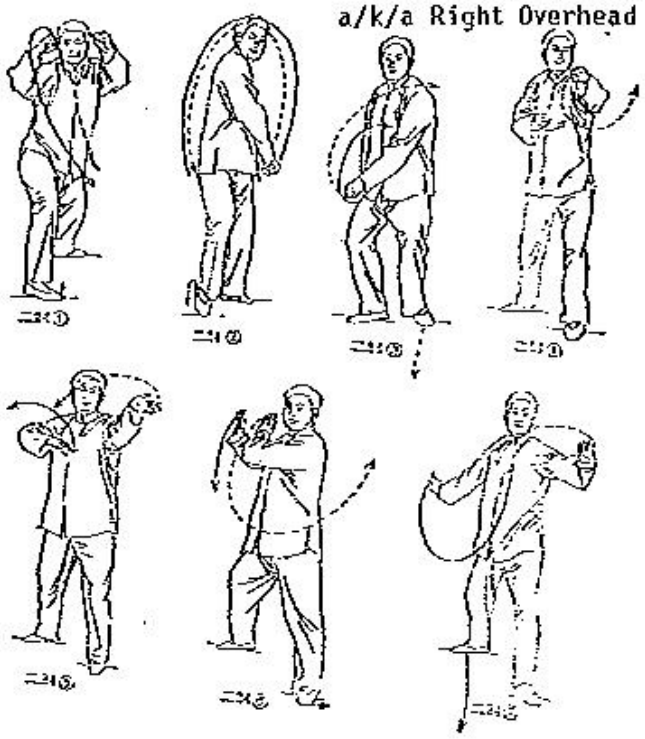


#21. Heart Level Fist

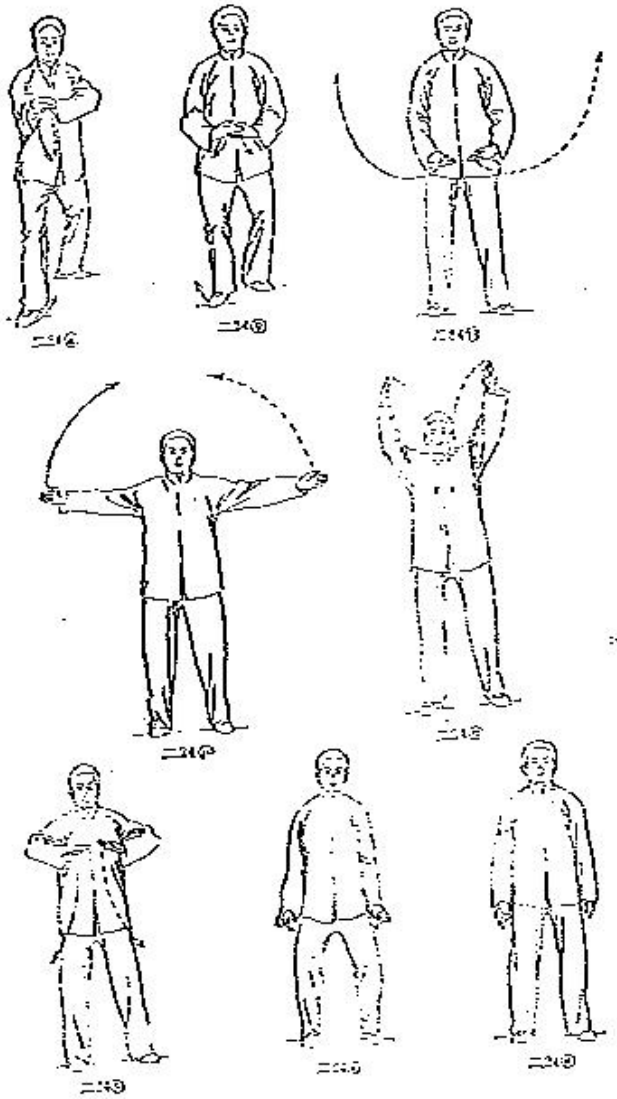


#22 Sink Waist and Elbow Down

#23. Head-on Cannon
a/k/a Right Overhead Cannon



like "Buddha Warrior Attendant"
movement but with open right palm



#24. End Form

End of Fourth and Final Section