

Spring & Autumn Fan

Posture #	Name
1	Starting Position
2	Open the fan in empty stance
3	Step backward and sweep fan
4	Snap fan in empty stance
5	Push hands up with horse stance
6	Open fan in cross-squat
7	Cut horizontally in bow stance
8	Push hands in bow stance
9	Turn body and chop Fan
10	Lower block with knee up
11	Step forward and chop fan backward
12	Open the fan with knee up
13	Sweep fan with empty stance
14	Step backward and sweep fan
15	Block dragon twists on the pillars (three times)
16	Blue dragon enters the sea
17	Cut horizontally with knee up
18	Open the fan in cross-squat
19	Cut horizontally in bow stance
20	Turn body and thrust fan downward
21	Butterfly dancing and flying
22	Block in bow stance
23	Step forward and kick (three times)
24	Cut fan up in bow stance
25	Thrust fan forward in bow stance
26	Big roc stretches its wings
27	Turn body and thrust fan in front
28	Step forward and thrust fan (three times)
29	Chop fan with bow stance
30	Lower block with knee up
31	Lady Chang-er runs toward the moon
32	Guarding tiger protects the door
33	Open the fan with feet together
34	Step back and block in front
35	Step forward and thrust fan downward
36	Dancing against wind
37	Fierce tiger blocks the road
38	Black tiger comes out of the cave
39	Close the fan with bow stance
40	closing position