NAM HOA TEMPLE INTERNAL ARTS
NAM HOA YANG APPLICATION

1. WU CHI
2. OPENING (Unite the Energies of Ourself, the Earth, and the Heavens)
3. RAISING CHI, HOLDING THE MOON
4. PARTING THE WILD HORSE’S MANE (Left, Right, Left)
5. WHITE CRANE SPREADS WINGS
6. BRUSH KNEE, TWIST STEP (Left, Right, Left)
7. PLAYING THE LUTE
8. BUTTERFLY (Right, Left)
9. REPULSE THE MONKEY (Four)
11. BUTTERFLY (Right)
12. GRASP THE BIRD’S TAIL
13. SINGLE WHIP
14. CLOUD HANDS (Four)
15. SINGLE WHIP
16. SNAKE STICKS OUT ITS TONGUE
17. EAGLE FLYING, EAGLE LANDING
18. CHERRY TREE SPLIT (Right)
19. HANDS MEET AT THE TEMPLE
20. LOTUS HANDS
21. BUTTERFLY (Right, Left)
22. CHERRY TREE SPLIT (Left)
23. LOTUS KICK (Left)
24. SNAKE MOVES DOWN, GOLDEN ROOSTER ON ONE LEG (Repeat)
25. CATCH AND PRESS (Left)
26. FAIR LADY WORKS AT SHUTTLES (Right)
27. CATCH AND PRESS (Right)
28. FAIR LADY WORKS AT SHUTTLES (Left)
29. NEEDLE TO THE SEA BOTTOM
30. FAN BACK (Left, Right)
31. PULLING THE ROPE, LOTUS KICK (Right)
32. CIRCLE AND PUNCH
33. EMBRACE TIGER, RETURN TO MOUNTAIN
34. GATHERING CHI
35. RETURN TO THE SOURCE
36. WU CHI

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