



## **16 POSTURE** By Li Deyin

1. Opening
2. Hand Strum Lute
3. White Crane
4. Brush Knee
5. Deflect, Intercept, Punch
6. Apparent Closure
7. Cloud Hands (Left x2)
8. Single Whip
9. Hand Strum Lute
10. Repulse Monkey
11. Snake Creeps Down
12. Penetrate Shuttle
13. Needle to Bottom of Sea
14. Fan through Back
15. Crossing Arms
16. Conclusion