



Movement Arts Institute  
**MAI**  
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## **32 POSTURE (Old Competition Form)**

- 1) Opening
- 2) Grasp Birds Tail
- 3) Single Whip
- 4) Hands Strum the Lute
- 5) Deflect, Intercept, and Punch
- 6) Apparent Closure
- 7) Brush Knee and Twist Step (2x)
- 8) Single Whip right
- 9) Wave Hands Like Clouds
- 10) Wild Horses Parts Mane (2x)
- 11) Needle to Sea Bottom
- 12) Fan Through Back
- 13) Grasp Birds Tail
- 14) Turn Body and Tossing Punch
- 15) Curved Stroking (2x)
- 16) Slap Kick Right
- 17) Foot Separation Left
- 18) Kick With Heel Right
- 19) Step Forward and Punch the Ground
- 20) Penetrate Shuttles (2X)
- 21) Fist Under Elbow
- 22) Step Back and Whirl Arms (3X)
- 23) Right Low Form
- 24) Golden Rooster Stands on One Leg
- 25) Left Low Form
- 26) Seven Stars
- 27) Retreat to Mount the Tiger
- 28) Sweeping Lotus Kick
- 29) Curved Bow Shoots the Tiger
- 30) Grasp Birds Tail (L)
- 31) Crossing Arms
- 32) Conclusion