

Lesson Form#	Description
1	1 Open and Close
	2 Chen Style Six Blocking and Four Closing - Right
2	3 Chen Style Single Whip - Left
	4 Open and Close
3	5 Sun Style Single Whip - Left
	6 Waving Hands - Left
	7 Open and Close
4	8 Chen Style Six Blocking and Four Closing - Right
	9 Chen Style Single Whip - Left
5	10 Chen Style Double Punches - Left
	11 Open and Close
6	12 Chen Style Six Blocking and Four Closing - Left
	13 Chen Style Single Whip - Right
	14 Chen Style Double Punches - Right
7	15 Open and Close
	16 Sun Style Single Whip - Right
	17 Waving Hands - Right
	18 Open and Close
8	19 Chen Style Six Blocking and Four Closing - Left
	20 Chen Style Single Whip - Right
	21 Open and Close
	22 Golden Guard Stamping Ground - Left
	23 Open and Close
	24 Closing Form