

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
	15	Open and Close
7	16	Sun Style Single Whip - Right
	17	Waving Hands - Right
	18	Open and Close
	19	Chen Style Six Blocking and Four Closing - Left
8	20	Chen Style Single Whip - Right
	21	Open and Close
	22	Golden Guard Stamping Ground - Left
	23	Open and Close
	24	Closing Form