

Sân Chiao Da Stepping

Opening

Hsing I Mu

Shih Kung

Silent count to Shí, in Mandarin Counting

Da Kung

Tui Shu Pu into a Right Hand Ma

Hands on Du Chi

Road 1

Shu Pu

Hsien Pu

Hsien Pu



Times Three

Ban Pu

Ban Pu

Jung I

Shu Pu

Road 2

Repeat Road 1

Road 3

Hsarn Pu

Tui Hsien Pu



Times Five

Hsing I Mu

Da Kung

Silent count to Shí, in Mandarin Counting

Shih Kung