

Modified 64 Form V.3.2

crane section

1. preparation
2. raising the influence
3. grasp birds tail
4. single whip
5. diagonal flying / shoulder stroke
6. raise hand step up
7. white crane spreads wings
8. brush knee twist step
9. play guitar
10. brush knee twist step x3
11. lift hands
12. step up parry & punch
13. withdraw & push
14. tiger leopard turn to mountain
15. cross hands

tiger section

16. diagonal brush knee twist step
17. turn body, diagonal brush knee twist step
18. diagonal grasp bird's tail
19. diagonal single whip
20. fist under elbow
21. repulse monkey x3 [variable *1]
22. diagonal flying
23. cloud hands x3 [variable *2]
24. single whip
25. high pat horse
26. separate hands
27. right separate foot
28. high pat horse
29. separate hands
30. left separate foot
31. turn body, kick with heel
32. planting punch
33. turn body, chop fist
34. high pat horse
35. separate hands
36. kick with heel
37. white crane stands alone
38. strike tiger x2
39. raise foot, spreading kick
40. two points pierce ears
41. step forward or step back parry & punch [variable]
42. withdraw & push
43. tiger leopard turn to mountain
44. cross hands

snake section

45. winding play guitar
46. part horse's mane x2
47. weaver movement x2
48. white snake puts out tongue
49. metal bird stands alone [new *3]
50. brush knee twist step
51. needle at sea bottom
52. fan through back
53. turn body, chop fist
54. grasp parry & punch
55. step up, grasp birds tail
56. single whip
57. snake creeps down
58. step up to 7 stars
59. step back, ride tiger
60. turn body, palm strike
61. lotus kick single or double
62. bend bow, shoot tiger
63. turn body, single whip
64. closing & storing

Legend

[variable *1] [variable *2]

You can extend the form a little without taking up more space by doing 5 repulse monkeys and 4 cloud hands.

The standard form though remains 3 repulse monkeys & 3 cloud hands.

[new *3]

The white snake puts out tongue, metal bird stands alone & needle at sea bottom form a vertical circle energetic set.