Sil Lim Tao ("little idea")

Note: Left side is always executed first, then repeat on the other (right) side.

FIRST SECTION: Gong Lik

1.Attention to Ma Stance
2.Mark the center line (double gan sau, double tan sau, rechamber)
3.L. Chung Kuen (punch), huen sau, lap sau, rechamber.
4.Repeat step (3) on other side.
5.Tan Sau
a Huen Sau, Jum Sau, Wu Sau, Fook Sau (performed three times, but on final repetition end with Wu Sau)
b.Pak Sau
c. Jik Jeung
d.Huen Sau, lap sau, rechamber.
6.Repeat set (5) on other side.

## SECOND SECTION: Fa Ging

7.L. Yan Jeung (pressing down palm) to the side and then R. Yan Jeung.

8.R. and L. Yan Jeung to the rear (double rear downward palm press).

9.R. and L. Yan Jeung to the front (double front downward palm press).

10.Wan Lan Sau (left arm on top).

11.Pek Jeung (both hands cut outward as forearms extend -- also Fak Sau).

12.Wan Lan Sau (right arm on top)

- 13.Double Jum Sau
- 14.Double Jut Sau
- 15.Double Biu Jee
- 16.Double Jut Sau
- 17.Double crane hand lift.
- 18. Heun Sau and withdraw the fists.

## THIRD SECTION: Basic Skills

19.Pak Sau, Wan Jeung, Heun Sau and withdraw the fist.

- 20.Repeat (19) on other side.
- 21. Tan Sau, Guat Sau, Tan Sau, Huen Sau, Wan Jeung, Huen Sau, withdraw the fist.
- 22.Repeat (21) on other side.
- 23.Bong Sau, Tan Sau, Dai Jeung, Heun Sau, withdraw the fist.
- 24.Repeat (24) on other side.
- 25.L/R/L/R/L/R Gan Sau (or Chaan Sau)
- 26.L/R/L/R/L/R Chung Kuen (centerline punches)
- 27.Draw to attention and close.