

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.