

Fu Chia Chien – Buddha Fist

1. Giant duck (gease) spread the wing
2. The immortal solute to Buddha
3. The old hermit asking donation
4. Buddha beg heaven for mercy (or pray to heaven)
5. Praying mantis climbs the pole
6. Turn the body smack the lotus
7. Beautiful lady looks up at the moon
8. Catch the moon and kick & ride the cloud
9. Swallow pray to heaven
10. Praying mantis stretches its leg
11. Swallow plays with water
12. Kwan Yin (Goddess of Mercy) picks the mantis
13. Kwan Yin let go of the mantis
14. White monkey solutes Buddha
15. Buddha raises (stirs) the ocean
16. Buddha quiets (subdues) the ocean
17. Swallow smack the lotus
18. Swallow fly to sky
19. Legs fly into the edge of heaven
20. One thousand eyes of praying mantis
21. The young lad solutes Kwan Yin
22. The wheeling palm hands, single whip
23. Inside smash, multiple wheeling palms
24. The immortal monkey shrink his body