

Long 8

1. Legions of Ming	pw	6
2. Raising the Shield	wk	6
3. The Sickle	pw	3
4. Opening the Fan	wk	3
5. Brushing Wind	pw	R-4:30 L-3 L sweeps to 10:30
6. Darkness	wk	step 1:30 kick 7:30
7. Crossing Swords	pw	L crosses to 1:30 kick to 7:30
8. Cyclone	wk	r- 6 L steps 6 to start
9. Sowing the Seeds	pw	L cw to 9
10. Slashing Cougar	pw	9
11. Double Spear A	pw	6
12. Double Asp A	pw	9
13. Cobra and the Mongoose	pw	6
14. Flashing Daggers	wk	6
15. Whirling Blades A	pw	6
16. Whirling Blades B	wk	12
17. Waterwheel	pw	9
18. Shaolin Warrior A	wk	9
19. Circle of China	pw	6
20. Prayer of Death	pw	12
21. Python	pw	12
22. Python	wk	7:30
23. Springing Limb	pw	3
24. Falling Rock A	wk	9
25. Ascending to Heaven 2	wk	
26. Ascending to Heaven B	pw	
27. Tail of the Dragon A	pw	6
28. Tail of the Dragon B	wk	12
29. Three Tongues of the Dragon	pw	10:30
30. Three Tongues of Fire A	wk	1:30
31. Three Winds Claw D	pw	3
32. Three Winds Fist D	wk	3

33.Spinning Hammers	pw	1:30
34.Chinese Pinchers A	wk	7:30
35.Slicing Knee	pw	3
36.Slicing Knee	wk	3
37.Circling the Pagoda C	wk	9
38.Twisting Serpent	wk	9
39.Springing Tiger	pw	3
40.Shooting Star	wk	3
41.Fish Hook	pw	3
42.Circling the Sun C	wk	3
43.Bending the Staff	pw	6
44.Dropping the Staff	wk	6
45.Prance of the Tiger	pw	6
46.Chinese Cobra	wk	6
47.Twisting Knee C	pw	6
48.Miss of the Leap B	wk	3
49.Winding Limbs A	pw	10:30
50.Winding Limbs C	wk	1:30
51.Twisting Hands	pw	12
52.Falling Monkey	wk	12
53.Rolling Evasion A	pw	3
54.Rolling Evasion B	wk	9
55.Broom Sweeps G	pw	12
56.Climbing the Stairs A	wk	9