

# Pau Chui - Cannon Fist

- |   |     |
|---|-----|
| 1. Opening  | <F  |
| 2. Jing gong pounding the fist  | >F  |
| 3. Casually roll up the clothes   | >F  |
| 4. Join hands   | >F  |
| 5. Single whip  | <F  |
| 6. Move and intercept with elbow  | <F  |
| 7. Power protecting fist  | <L  |
| 8. Twisting step diagonal whip  | <L  |
| 9. Twist waist, pressing elbow fist, strike into the <del>well fence?</del> | >FR |
| 10. Wind scatter the mayflower  | >TF |
| 11. Jing gong pounding the fist   | >F  |
| 12. Slanting body fists   | <F  |
| 13. Leaning body fist   | <F  |
| 14. Chopping hands  | <B  |
| 15. Turning flower, brand sleeves   | <F  |
| 16. Covering hand fist  | <F  |
| 17. Jumping step with opposite side elbow                                   | <TF |
| 18. Mopping hands (3)   | >F  |
| 19. High pat on horse   | >R  |
| 20. Mopping hands (3)   | >B  |
| 21. High pat on horse   | >R  |
| 22. Continuous cannon strikes (3)   | >R  |
| 23. Mounting the cheetah backwards  | <TF |
| 24. White snake splits its tongue (3)                                       | <L  |
| 25. Turning flowers from the sea bottom                                     | >TB |
| 26. Covering hand fist  | >B  |
| 27. Turning body with six covering  | <F  |
| 28. Left rope? whip cannon (3)  | <F  |
| 29. Right rope? whip cannon (3)   | >B  |
| 30. Animal head posture   | <L  |
| 31. Splitting posture   | <B  |
| 32. Turning flowers, brandish sleeves                                       | <F  |
| 33. Covering hand fist  | <R  |
| 34. Crouch in tiger posture   | <R  |
| 35. Mopping elbow strike  | >B  |
| 36. Right yellow loam?, 3 water stirring                                    | <F  |
| 37. Left yellow loam?, 3 water stirring                                     | >B  |
| 38. Left heel kick  | >B  |
| 39. Right heel kick   | >L  |
| 40. Turning flowers from the sea bottom                                     | >B  |
| 41. Covering hand fist  | >R  |
| 42. Ground sweeping leg   | <B  |
| 43. Covering hand fist  | <F  |
| 44. Left charge   | <BL |
| 45. Right charge  | <FL |
| 46. Reverse thrust  | <R  |

47. Turning flowers from the sea bottom	<F
48. Covering hand fist	<F
49. Strike with both arms	>F
50. Linking cannon (3)	>B
51. Jade lady weaves at the shuttle	</>FR
52. Turning form cannon	<F
53. Jade lady weaves at the shuttle	>/<F
54. Turning form cannon	>R
55. Slanting body fist	>B
56. Opposite side elbow s	>F
57. Same side elbow	>F
58. Penetrating heart elbow	>F
59. Close range cannon, strike into the well-fence(?)	>F
60. Wind scattering the mayflower	>TF
61. Jing gong pounding the fist	>F
62. Close	