

Hsing-Yi 5 Element Linking Form

1. San Ti
2. Wood (Crushing Fist)
3. Earth (Blue Dragon Coming Out of the Water)
4. Wood (Black Tiger Coming Out of the Cave)
5. White Crane Spreads Wings
6. Fire (Pounding Fist)
7. Wrap One
8. Wrap Two
9. Metal (Splitting Fist)
10. Twist-Step Water (Drilling Fist)
11. Wild Cat Climbs the Tree
12. Double Wood Punch (Replacement Step Crushing Fist)
13. Turn into San Ti