Short Form (Master Ding's Foundation Form)

1. Wu Ji
2. Open
3. Raise Hands
4. Circle Palms
5. Hold Ball to right
6. Ward Off left
7. Turn to right, Grasping the Bird's Tail
8. Sit back, push to the left and push to the right
9. Single Whip
10. Fist under Elbow
11. Repulse Monkey x 3 steps
12. Diagonal Flying (right)
13. Lift Hands
14. Pull down (left); Elbow strike; Ward Off (right)
15. White Crane Spreads Wings
16. Left Brush Knee and Push
17. Diagonal Flying (left)
18. Cross hands, kick with right heel to corner
19. Cross hands, kick with left heel to corner
20. Brush Knee and Push (left)
21. Right fist down to the left
22. Step forward, Parry and Punch
23. Sit back, open, double push (An) to the side
24. Embrace Tiger, Return to Mountain
25. Close.