

# Positionen

1. **Bong Sao** wing arm
2. **Fook Sao** controlling/cover hand
3. **Man Sao** seeking hand
4. **Wu Sao** protecting hand
5. **Tan Sao** absorbing/dispersing hand
6. **Kau Sao** detaining hand

# Bewegungen

7. **Jam Sao** sinking hand
8. **Gaun Sao** cultivating arm
9. **Jut Sao** choking hand
10. **Huen Sao** circling hand
11. **Lap Sao** pulling hand
12. **Pak Sao** slapping hand
13. **Tok Sao** lifting hand
14. **Lan Sao** bar/barring arm
15. **Tie Sao** uplifting hand
16. **Jip Sao** receiving hand
17. **Gum Sao** pressing hand
18. **Biu Sao** darting hand