



Northern Shaolin Longfist

Cannon Fist I

No.	Ct.	Name
1.	4	Angry Bear, Iron Arms, Draw Bow, Shoot Arrow
2.	3	Inblock, Down Block, Punch
3.	6	Dragon Spits out a Pearl, Kick, Punch
4.	3	Bridge and Punch Hooked
5.	4	Bridge, Pull and Chop, Turn, Chop
6.	6	Twist Punch, Kick/ Punch, Horse Punch (Wooden Soldiers)
7.	3	Elbow, Drill, Punch
8.	3	Bridge, Back Fist, Punch
9.	5	Left Twist Punch, Right Twist Punch

Cannon Fist II

10.	3	Parry, Chop, Punch
11.	2	Press and Pierce
12.	4	Pet, Slap, Topspin
13.	4	Chop, Chop
14.	7	Split, Parry, Double Punch
15.	2	Cat Washes it's Face
16.	3	Elbow, 2H Press

Hammer Fist I

No.	Ct.	Name
1.	2	Vampire, Falling Hammers
2.	2	Stand Raised, Meteor Fists
3.	4	Running Hammers
4.	3	Inblock, Split & Kick
5.	3	Roll to Meteor Fist
6.	5	Dragon Spits out a Pearl, Kick, Uppercut
7.	3	Body Punch, Body Punch
8.	3	Roll Block, Side Hammer, Monkey Fist
9.	3	Knee Hammer, Punch
10.	2	Bridge Hammer
11.	2	Left Twist Punch, R Spotted Punch

Hammer Fist II

12.	2	Check Your Hair, Pie in the Face
13.	4	Parry, Parry, Press, Punch
14.	6	Kick/ Punch, Rollblock, Meteor Fists
15.	2	Press, Pierce
16.	3	Pet, Slap, Downblock
17.	3	Downblock, Clear and Punch
18.	2	Drill, Elbow
19.	4	Split, Parry, Drill
20.	1	2H Press

Controlling Fist I

No.	Ct.	Name
1.	3	Drill, Send them to Heaven (Lift & Punch)
2.	2	Parry, Press the Elbow/ Kick the Knee
3.	2	Switch Step , Parry, Punch
4.	5	Bridge and Backfist, Pull and Kick, Punch
5.	3	Elbow, Drill, Punch
6.	3	Drill, Tame the Tiger, Old Man Comes Out of Cave
7.	2	Elbow, Drill, Punch
8.	3	Needle at Sea Bottom, Punch
9.	2	Left Twist Punch, Right Spotted Punch

Controlling Fist II

10.	2	Pet, Double Punch
11.	3	Jam, Punch, Chop
12.	5	2H Pet, Drill, Double Punch
13.	2	Pet, Punch
14.	3	Hop back, Parry, Double Punch
15.	2	Grab and Topspin
16.	1	2H Press

Throwing Fist

1. Kick, Save the Leg, Palm
2. Spring Leg Sweep R
3. Spring Leg Sweep L
4. Push
5. Reverse Sweep R
6. Swallow Skims the water
7. Pull Sweep, Push Sweep
8. Check the Knee
9. Pierce Downward
10. Attack the Legs
11. Forward / Reverse Sweep
12. Neck, Waist, or Trap Throw
13. Ride the Tiger

Locking Fist

1. Needle at Sea Bottom
2. Settle the Horse
3. Pray to Buddha
4. Lohan Bows
5. Hide the Flowers
6. Single Goose Leaves the Flock
7. Monk Chops a Log
8. Old Man Carries a Fish
9. Break the Bird's Wing
10. Eagle Claw
11. Immortal Handshake
12. Ride the Tiger



Northern Shaolin Longfist

Ground Fist

1. Front Roll
2. Fish Dive
3. Duck And Roll Over
4. Plum Flower Rolls
5. Sleeping Monk
6. Sit Through And Sweep
7. Hook And Kick The Leg
8. Roll Back And Mule Kick
9. Flip To Back Fall
10. Kip Up
11. Jump Roll
12. Palm The Ground, Ride the Tiger

Crossing Fist

1. Scoop and Crossed Push
2. Open and Front Kick
3. 2H Parry Front Kick
4. Kneel and Elbow Lock
5. Check the Knee
6. Slide Side Kick
7. Attack the Legs
8. Dragon Whips Tail
9. Buddha Climbs the Pillar/ Black Bear Rolls it's Body
10. Ride the Tiger

Evading Fist

1. Block and Kick
2. Skip Heel Kick, Falling Hammer
3. Drag the Cow's Leg
4. Crash The Knee
5. Fall In Chop
6. Rise And Steal The Pearls
7. Monk Chops A Log
8. Swallow Skims The Water
9. Golden Rooster Stands on One Leg
10. Fade, Catch, and Humiliate
11. Separate the Hands

Splitting Fist

1. Twist Water From A Rag
2. Press and Pierce
3. Plum Flower Fist
4. Deflect, Bridge and Chop
5. Plum Flower Fist
6. Turn, & Monk Chops A Log
7. Forward Sweep
8. Lift And Palm

Flying Kicks

1. Flying Inward Triple
2. Flying Outward Triple
3. Jump Side Kick
4. Inward 360 Fan Kick
5. Butterfly Kick
6. Jump Slap Kick
7. Save The Leg, Palm
8. Support Heaven And Earth