**Summary of Siu Lim Tao Movement Sequence**

Summary of [Siu Lim Tao](http://en.wikipedia.org/wiki/Siu_Nim_Tao) movement sequence. The table summarizes [Siu Lim Tao](http://en.wikipedia.org/wiki/Siu_Nim_Tao) movement sequence for all three sections (for both hands). Each movement spelled in Simplified Chinese with Cantonese pronunciation and English translation. Please keep in mind that the movement sequence might be different from lineage to lineage.

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| **First Section** |
| **#** | **Both (Seung)(雙)** |
| 1 | 開式 | Hoi Sik | Opening the form |
| 2 | 開馬 | Hoi Ma | Opening the stance |
| 3 | 二字箝羊馬 | Yee Jee Kim Yeung Ma | [Wing Chun](http://en.wikipedia.org/wiki/Wing_Chun) trapezoid goat stance |
| 4 | 交叉耕手 | Gow Cha Taan Sau | Crossed hands up |
| 5 | 交叉攤手 | Gow Cha Gaang Sau | Crossed hands down |
| 6 | 收拳 | Sao Kuen | Withdraw both fists |
| **#** | **Left (Jo)(左)** | **Right (Yauh)(右)** |
| 7 | 冲拳 | Jung Kuen | Straight punch | – | – | – |
| 8 | 攤手 | Taan Sau | Palm up | – | – | – |
| 9 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 10 | 收拳 | Sau Kuen | Withdraw fist | – | – | – |
| 11 | – | – | – | 冲拳 | Jung Kuen | Straight punch |
| 12 | – | – | – | 攤手 | Taan Sau | Palm up |
| 13 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 14 | – | – | – | 收拳 | Sau Kuen | Withdraw fist |
| 15 | 攤手 | Taan Sau | Dispersing hand | – | – | – |
| 16 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 17 | 沈手 | Jum Sau | Sinking hand | – | – | – |
| 18 | 護手 | Wu Sau | Protecting hand | – | – | – |
| 19 | 伏手 | Fuk Sau | Resting hand | – | – | – |
| 20 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 21 | 沈手 | Jum Sau | Sinking hand | – | – | – |
| 22 | 護手 | Wu Sau | Protecting hand | – | – | – |
| 23 | 伏手 | Fuk Sau | Resting hand | – | – | – |
| 24 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 25 | 沈手 | Jum Sau | Sinking hand | – | – | – |
| 26 | 護手 | Wu Sau | Protecting hand | – | – | – |
| 27 | 伏手 | Fuk Sau | Resting hand | – | – | – |
| 28 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 29 | 沈手 | Jum Sau | Sinking hand | – | – | – |
| 30 | 護手 | Wu Sau | Protecting hand | – | – | – |
| 31 | 拍手 | Paak Sau | Slapping hand | – | – | – |
| 32 | 直掌 | Jik Jeung | Straight palm | – | – | – |
| 33 | 攤手 | Taan Sau | Palm up | – | – | – |
| 34 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 35 | 收拳 | Sau Kuen | Withdraw fist | – | – | – |
| 36 | – | – | – | 攤手 | Taan Sau | Dispersing hand |
| 37 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 38 | – | – | – | 沈手 | Jum Sau | Sinking hand |
| 39 | – | – | – | 護手 | Wu Sau | Protecting hand |
| 40 | – | – | – | 伏手 | Fuk Sau | Resting hand |
| 41 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 42 | – | – | – | 沈手 | Jum Sau | Sinking hand |
| 43 | – | – | – | 護手 | Wu Sau | Protecting hand |
| 44 | – | – | – | 伏手 | Fuk Sau | Resting hand |
| 45 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 46 | – | – | – | 沈手 | Jum Sau | Sinking hand |
| 47 | – | – | – | 護手 | Wu Sau | Protecting hand |
| 48 | – | – | – | 伏手 | Fuk Sau | Resting hand |
| 49 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 50 | – | – | – | 沈手 | Jum Sau | Sinking hand |
| 51 | – | – | – | 護手 | Wu Sau | Protecting hand |
| 52 | – | – | – | 拍手 | Paak Sau | Slapping hand |
| 53 | – | – | – | 直掌 | Jik Jeung | Straight palm |
| 54 | – | – | – | 攤手 | Taan Sau | Palm up |
| 55 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 56 | – | – | – | 收拳 | Sau Kuen | Withdraw fist |
| **Second Section** |
| **#** | **Left (Jo)(左)** | **Right (Yauh)(右)** |
| 57 | 撳手 | Gum Sau | Pinning hand | – | – | – |
| 58 | – | – | – | 撳手 | Gum Sau | Pinning hand |
| **#** | **Both (Seung)(雙)** |
| 59 | 後撳手 | Hao Gum Sau | Double pinning hands behind |
| 60 | 前撳手 | Chin Gum Sau | Double pinning hands in front |
| 61 | 攔手 | Lan Sau | Double bar hands |
| 62 | 拂手 | Fak Sau | Double whisking (chop) hands |
| 63 | 攔手 | Lan Sau | Double bar hands |
| 64 | 沈手 | Jum Sau | Double sinking arms |
| 65 | 托手 | Tok Sau | Double lifting hands |
| 66 | 窒手 | Jut Sau | Double jerking hands |
| 67 | 標指手 | Biu Jee Sau | Darting fingers |
| 68 | 橋撳手 | Kiu Gum Sau | Bridge pinning arms |
| 69 | 提手 | Tai Sau | Double uplifting hands |
| 70 | 收拳 | Sao Kuen | Withdraw both fists |
| **Third Section** |
| **#** | **Left (Jo)(左)** | **Right (Yauh)(右)** |
| 71 | 拍手 | Paak Sau | Slapping hand | – | – | – |
| 72 | 側掌 | Taan Sau  | Palm up | – | – | – |
| 73 | 攤手 | Juk Jeung | Side palm  | – | – | – |
| 74 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 75 | 收拳 | Sau Kuen | Withdraw fist | – | – | – |
| 76 | – | – | – | 拍手 | Paak Sau | Slapping hand |
| 77 | – | – | – | 側掌 | Taan Sau  | Palm up  |
| 78 | – | – | – | 攤手 | Juk Jeung | Side palm |
| 79 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 80 | – | – | – | 收拳 | Sau Kuen | Withdraw fist |
| 81 | 攤手 | Taan Sau | Dispersing hand | – | – | – |
| 82 | 耕手 | Gaang Sau | Splitting block | – | – | – |
| 83 | 攤手 | Taan Sau | Dispersing hand | – | – | – |
| 84 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 85 | 低側掌 | Dai Juk Jeung | Low side palm | – | – | – |
| 86 | 攤手 | Taan Sau | Palm up | – | – | – |
| 87 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 88 | 收拳 | Sau Kuen | Withdraw fist | – | – | – |
| 89 | – | – | – | 攤手 | Taan Sau | Dispersing hand |
| 90 | – | – | – | 耕手 | Gaang Sau | Splitting block |
| 91 | – | – | – | 攤手 | Taan Sau | Dispersing hand |
| 92 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 93 | – | – | – | 低側掌 | Dai Juk Jeung | Low side palm |
| 94 | – | – | – | 攤手 | Taan Sau | Palm up |
| 95 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 96 | – | – | – | 收拳 | Sau Kuen | Withdraw fist |
| 97 | 膀手 | Bong Sau | Wing arm | – | – | – |
| 98 | 攤手 | Taan Sau | Dispersing hand | – | – | – |
| 99 | 托掌 | Tok Jeung | Downward palm | – | – | – |
| 100 | 攤手 | Taan Sau | Palm up | – | – | – |
| 101 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 102 | 收拳 | Sau Kuen | Withdraw fist | – | – | – |
| 103 | – | – | – | 膀手 | Bong Sau | Wing arm |
| 104 | – | – | – | 攤手 | Taan Sau | Dispersing hand |
| 105 | – | – | – | 托掌 | Tok Jeung | Downward palm |
| 106 | – | – | – | 攤手 | Taan Sau | Palm up |
| 107 | – | – | – | 圈手 | Huen Sau | Circling hand |
| 108 | – | – | – | 收拳 | Sau Kuen | Withdraw fist |
| 109 | 脫手 | Tuit Sau | Clearing hand | – | – | – |
| 110 | – | – | – | 脫手 | Tuit Sau | Clearing hand |
| 111 | 脫手 | Tuit Sau | Clearing hand | – | – | – |
| **#** | **連環拳** | **Lien Wan Kuen** | **Linked chain punching** |
| 112 | 冲拳 | Jung Kuen | Straight punch | – | – | – |
| 113 | – | – | – | 冲拳 | Jung Kuen | Straight punch |
| 114 | 冲拳 | Jung Kuen | Straight punch | – | – | – |
| **#** | **Left (Jo)(左)** | **Right (Yauh)(右)** |
| 115 | 攤手 | Taan Sau | Palm up | – | – | – |
| 116 | 圈手 | Huen Sau | Circling hand | – | – | – |
| 117 | 收拳 | Sau Kuen | Withdraw fist | – | – | – |
| **#** |  |
| 118 | 收馬 | Sau Ma | Closing the stance |
| 119 | 收式 | Sau Sik | Closing the form |