

# Shaolin hand forms

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|--|------------------------|
| 1 Level Fist                           | 10 Eagle Claw          |
| 2 Sun-Character Fist, or Vertical Fist | 11 Snake Hand          |
| 3 Leopard Punch                        | 12 One-Finger Zen      |
| 4 Phoenix-Eye Fist                     | 13 Sword Finger        |
| 5 Elephant Fist                        | 14 Crab Pincers        |
| 6 Willow-Leaf Palm                     | 15 Crane Beak          |
| 7 Dragon Palm                          | 16 Monkey Paw          |
| 8 Dragon Hand Form                     | 17 Praying Mantis Hand |
| 9 Tiger Claw                           | 18 Hook Hand           |

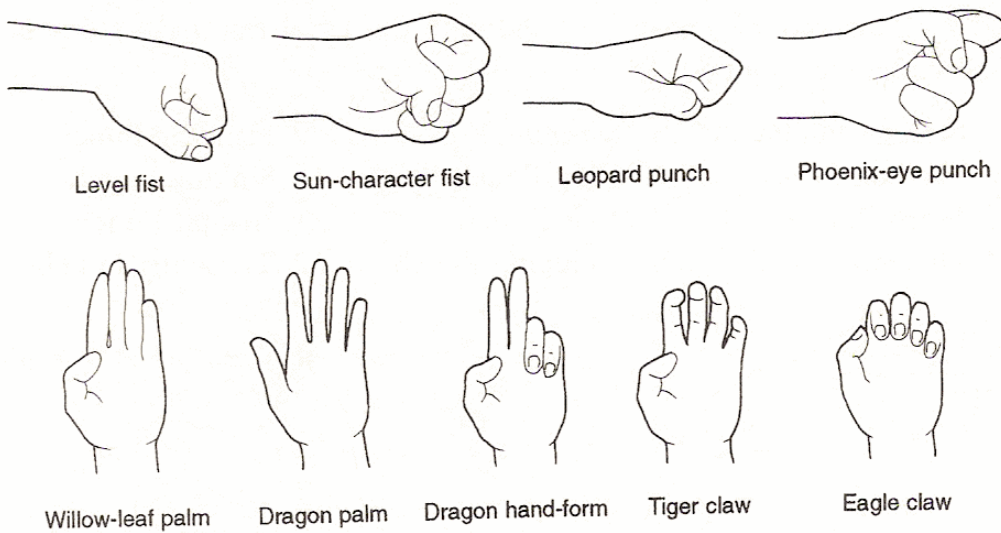


Fig 6.1 Shaolin hand forms 1–9

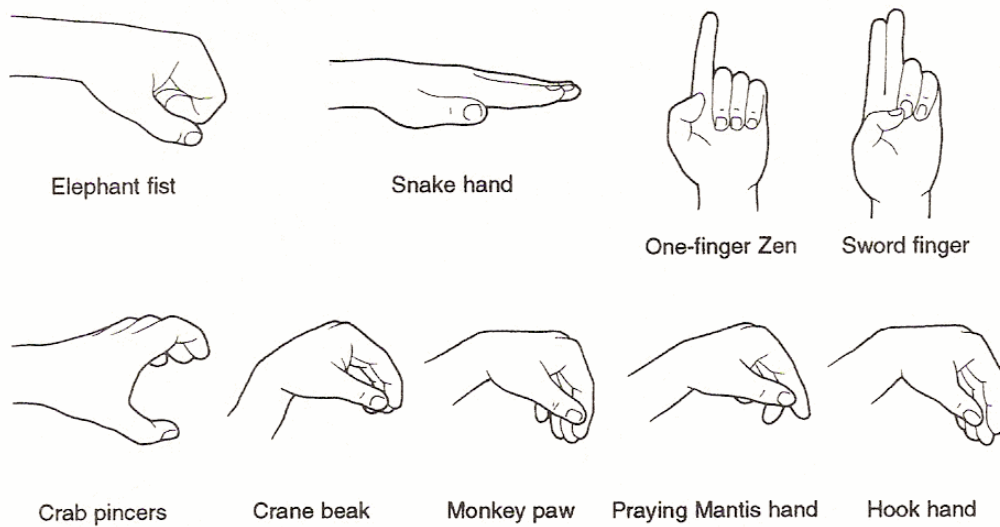


Fig 6.2 Shaolin hand forms 10–18