



Across

3. Internal and _____ Circle
5. Nine Solid and One _____
6. _____ of Body Movement
9. _____ Hand (from the Butterfly Form)
10. _____ Roll

Down

1. 180-degree _____ Step
2. Three _____ Factors
4. _____ of the Ribs
7. _____ Knee and Push (from the 21 Form)
8. _____ Dao, Qi Dao, Li Dao