

Section One

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| 1. 预备式 | Preparation Posture |
| 2. 金刚捣碓 | Buddha's Warrior Pounds Mortar |
| 3. 懒扎衣 | Lazy About Tucking the Robe |
| 4. 六封四闭 | Six Sealing and Four Closing |
| 5. 单鞭 | Single Whip |
| 6. 金刚捣碓 | Buddha's Warrior Pounds Mortar |
| 7. 白鹅亮翅 | White Goose Spreads Wings |
| 8. 斜行 | Diagonal Step |
| 9. 搂膝 | Brush the Knee |
| 10. 上三步 | Three Steps Forward |
| 11. 斜行 | Diagonal Step |
| 12. 搂膝 | Brush the Knee |
| 13. 上三步 | Three Steps Forward |
| 14. 掩手肱拳 | Covering Hand Punch |
| 15. 金刚捣碓 | Buddha's Warrior Pounds Mortar |
| 16. 撇身捶 | Leaning Body Punch |
| 17. 青龙出水 | Black Dragon Emerges From Water |
| 18. 双推手 | Double Push Hands |

Section two

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| 19. 肘底看拳 | Fist Under the Elbow |
| 20. 倒卷肱 | Roll the Forearm Backward and Step Back |
| 21. 白鹅亮翅 | White Goose Spreads Wings |
| 22. 斜行 | Diagonal Step |
| 23. 闪通背 | Fan the Back |
| 24. 掩手肱拳 | Covering Hand Punch |
| 25. 六封四闭 | Six Sealing and Four Closing |
| 26. 单鞭 | Single Whip |
| 27. 运手 | Wave Hands |
| 28. 高探马 | High Pat on Horse |
| 29. 右擦脚 | Right Toe Kick |
| 30. 左擦脚 | Left Toe Kick |
| 31. 左蹬一根 | Left Stump with the Heel |
| 32. 上三步 | Three Steps Forward |
| 33. 神仙一把抓 | The Immortals Grip |
| 34. 踢二起 | Double Skip Flying Kick |
| 35. 护心拳 | Protecting the Heart Punch |
| 36. 旋风脚 | Tornado Kick |
| 37. 右蹬一根 | Right Stump with the Heel |
| 38. 掩手肱拳 | Covering Hand Punch |



Section three

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| 39. 小擒打 | Small Frame Grappling Strike |
| 40. 抱头推山 | Hold the Head and Push the Mountain |
| 41. 六封四闭 | Six Sealing and Four Closing |
| 42. 单鞭 | Single Whip |
| 43. 前招 | Cover the Front |
| 44. 后招 | Cover the Back |
| 45. 野马分鬃 | Wild Horses Part Mane |
| 46. 六封四闭 | Six Sealing and Four Closing |
| 47. 单鞭 | Single Whip |
| 48. 玉女穿梭 | Fair Lady Works with Shuttles |
| 49. 懒扎衣 | Lazy About Tucking the Robe |
| 50. 六封四闭 | Six Sealing and Four Closing |
| 51. 单鞭 | Single Whip |
| 52. 运手 | Wave Hands |
| 53. 双摆莲 | Double Lotus Kick |
| 54. 跌岔 | Falling Split |
| 55. 金鸡独立 | Golden Rooster Stands on One Leg |

Section four

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| 56. 倒卷肱 | Roll the Forearms Backward and Step Back |
| 57. 白鹅亮翅 | White Goose Spreads Wings |
| 58. 斜行 | Diagonal Step |
| 59. 闪通背 | Fan the Back |
| 60. 掩手肱拳 | Covering Hand Punch |
| 61. 六封四闭 | Six Sealing and Four Closing |
| 62. 单鞭 | Single Whip |
| 63. 运手 | Wave Hands |
| 64. 高探马 | High Pat on Horse |
| 65. 十字脚 | Cross Kick |
| 66. 指裆捶 | Punch the Groin |
| 67. 猿猴献果 | Ape Presents Fruit |
| 68. 单鞭 | Single Whip |
| 69. 雀地龙 | Dragon Creep on the Ground |
| 70. 上步七星 | Step up with Seven Star Punch |
| 71. 下步跨肱 | Step Back and Grab with the Forearm |
| 72. 双摆莲 | Double Lotus Kick |
| 73. 当头炮 | Cannon Fist |
| 74. 金刚捣碓 | Buddha's Warrior Pounds Mortar |
| 75. 收式 | Closing Posture |

