

Chinese Name	pinyin
First Section	
Preparation	yù bèi shì
1. Opening Form	q ĭ shì
2. Golden Guard Stamping Foot–Right Style	yòu jīn gāng d ǎ o duì
3. Leisurely Tying Coat	l ǎ n zā yī
4. White Crane Flashing Wings	bái hè liàng chì
5. Step Diagnally Foeward and Twist Step	xié xíng ào bù
6. Lift Knee and Withdraw Hands	tíshōu
7.Forward Block	qián tāng
8. Cover witg Hands and Push with Fist	y ǎ n sh ǒ u gōng chuí
9.Double Push Hands	shuāng tuī sh ǒ u
10. Punch Underneath Elbow	zhǒu d ĭ chuí
Second Section	
11. Relulse Monkey	dào ju ǎ n gōng
12. Step Back and Press Elbow	tuī bù yā zhóu
13. Left and Right Parting Wild Horse’s Mane	zuǒ yòu y ǎ m ǎ fēn zōng
14. Left and Right Golden Cock Standing on One Leg	zuǒ yòu jīn jī dú lì
15. Six Blocking and Four Closing – Right Style	yòu liù fēng sì bì
16. Single Whip Left Style	zuǒ dān biān
Third Section	
17. Waving Hands Like Clouds	yún sh ǒ u
18. High Pat on Horse	gāo tàn m ǎ
19. Left and Right Patting Foot	yòu zuǒ cā jǐ ǎ o
20. Kicking with One Leg	dēng yì gēn
21. Fists Draping Over Body	pī shēn chuí
22. Back Twist with Shoulder and Elbow Punch	bèi zhé kào
23. Green Dragon Emerging from the Water	qīng lóng chū shu ĭ
24. White Gorilla Offering Fruit	bái yuán xiàn gu ǒ
25.Six Blocking and Four Closing – Left Style	zuǒ liù fēng sì bì
26. Single Whip – Right Style	yòu dān biān
Forth Section	
27. Double Stamping Feet	shuāng zhèn jǐ ǎ o
28. Fair Lady Working at the Shuttle	yùn ǚ chuān suō
29. Beast’s Head Pose	shòu tóu shì
30. Dragon on the Ground	què dì lóng
31. Step Forward Seven Stars	shàng bù qī xīng
32. Step Backward Riding Tiger	tuī bù kuàhǔ
33. Turn Bodt, Lotus Kick	zhu ǎ n shēn b ǎ i lián
34. Forward Cannon Punch	dāng tóu pào
35. Golden Guard Stamping Foot – Left Style	zuǒ jīn gāng d ǎ oduì
36. Closing Form	shōu shì