OFFENSE	DEFENSE
1. Step Forward for Punch (Shang Bu Chui) 上步捶	2. Raise Hands to the Up Posture (Ti Shou Shang Shi) 提手上勢
3. Step Forward, Intercept, and Punch (Shang Bu Lan Chui) 上步攔捶	4. Deflect and Punch (Ban Chui) 搬捶
5. Step Forward and Left Shoulder-Stroke (Shang Bu Zuo Kao) 上步左靠	6. Strike the Tiger – Right (You Da Hu) 右打虎
7. Left Elbow Strike (Zuo Zhou Da) 左肘打	8. Push to the Left and Right Elbow-Stroke (Zuo Tui You Kao) 左推右靠
9. Withdraw the Step and Strike the Tiger – Left (Che Bu You Da Hu) 撤步右打虎	10. Right Downward Strike (You Xia Chui) 右下捶
11. Raise Hands to the Up Posture (Ti Shou Shang Shi) 提手上勢 **(Filing strike)**	12. Turn the Body and Push (Zhuan Shen An) 轉身按
13. Right Swinging-Body Strike (You Pie Shen Chui) 右撇身捶	14. Intercept and Punch, One (Ban Chui Yi Shi) 搬捶一勢
15. Intercept and Punch, Two (Ban Chui Er Shi) 搬捶二勢 **(Hook punch)**	16. Wild Horses Shear the Mane – Left (Zuo Ye Ma Fen Zong) 左野馬分鬃
17. Strike the Tiger – Right (You Da Hu) 右打虎 **(Right straight punch)**	18. Turn Body, Withdraw Step, and Rollback (Zhuan Shen Che Bu Lu) 轉身撤步攦
19. Step Forward and Press – Left (Shang Bu Zuo Ji) 上步左擠	20. Turn the Body and Press – Left (Zhuan Shen Zuo Ji) 轉身左擠
21. Double Dividing and Heel Kick (Shuang Fen Deng Jiao) 雙分蹬腳	22. Punch the Groin (Zhi Dang Chui) 指襠捶

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OFFENSE	DEFENSE
23. Step Forward to Pluck and Rend (Shang Bu Cai Lie) 上步採挒	24. Fair Lady Weaves with Shuttle, One (Yu Nu Chuan Suo Yi Shi) 玉女穿梭一勢
25. Fair Lady Weaves with Shuttle, Two (Yu Nu Chuan Suo Er Shi) 玉女穿梭二勢	26. White Crane Spreads Its Wings (Bai He Liang Chi) 白鶴亮翅 **(Right kick)**
27. Left Shoulder-Stroke (Zuo Kao) 左靠	28. Rollback the Shoulder (Lu Bi) 攄臂 29. Turn the Body to Rend the Shoulder (Zhuan Shen Lie Bi) 轉身挒臂
30. Turn the Body to Rollback (Zhuan Shen Lu) 轉身攄	31. Two Winds Pass Through the Ears (Shuang Feng Guan Er) 雙風貫耳
32. Double Push (Shuang An) 雙按	33. Single Whip (Dan Bian) 單鞭
34. Right Push (You Tui) 右推	35. File the Shoulder – Right (You Cuo Bi) 右挫臂
36. Follow the Posture and Push (Shun Shi An) 順勢按	37. Neutralize and Strike with Right Palm (Hua Da You Zhang) 化打右掌
38. Neutralize and Push (Hua Tui) 化推	39. Neutralize and Strike with Right Elbow (Hua Da You Zhou) 化打右肘
40. Pluck and Rend (Cai Lie) 採挒	41. Exchange Steps and Rollback (Huan Bu Lu) 換步攄
42. Step Forward and Press (Shang Bu Ji) 上步擠	43. Exchange Steps and Rollback (Huan Bu Lu) 換步攄
44. Strike the Tiger – Right (You Da Hu) 右打虎	

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OFFENSE	DEFENSE
	45. Turn the Body, Step Backward, and Rollback (Zhuan Shen Che Bu Lu) 轉身撤步攦
46. Step Forward and Press to the Left (Shang Bu Zuo Ji) 上步左擠	47. Return with Press (Hui Ji) 回擠
48. Exchange Steps and Shoulder-Stroke – Right (Huan Bu You Kao) 換步右靠	49. Turn the Body to Fly Diagonally (Zhuan Shen Xie Fei Shi) 轉身斜飛勢
50. Right Elbow-Strike (You Zhou Da) 右肘打	51. Turn Body, Rooster Stands One Leg (Zhuan Shen Jin Ji Du Li) 轉身金雞獨立 **(Grab neck/shoulder, jump double-knee)**
52. Downward-Neutralization (Xia Hua) 下化	53. Heel Kick (Deng Jiao) 蹬腳
54. Turn the Body, Step Forward, and Strike (Zhuan Shen Shang Bu Kao) 轉身上步靠	55. Rollback Left Arm (Lu Zuo Bi) 攦左臂
56. Turn the Body and Right Kick (Zhuan Shen You Fen Jiao) 轉身右分腳	57. Double Dividing and Embrace the Knee Right (Shuang Fen You Lou Xi) 雙分右摟膝
58. Turn the Body and Left Kick (Zhuan Shen Zuo Fen Jiao) 轉身左分腳	59. Double Dividing and Embrace the Knee Left (Shuang Fen Zuo Lou Xi) 雙分左摟膝
60. Change Hands and Right Shoulder-Stroke (Huan Shou You Kao) 換手右靠	61. Return Right Elbow-Stroke (Hui You Kao) 回右靠
62. Step Forward, Grasp Sparrow's Tail Left (Shang Bu Zuo Lan Que Wei) 上步左攬雀尾	63. Wave Hands in Clouds – Right (You Yun Shou) 右雲手
64. Step Forward, Grasp Sparrow's Tail Right (Shang Bu You Lan Que Wei) 上步右攬雀尾	65. Wave Hands in Clouds – Left (Zuo Yun Shou) 左雲手
66. Divide Up, Press, Downward Heel Kick (Shang Fen Ji Xia Deng Tui) 上分擠下蹬腿	

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OFFENSE	DEFENSE
	67. Low Hook Kick (Xia Gou Tui) 下勾腿
68. Turn the Body to Sweep Lotus (Zhuan Shen Bai Lian) 轉身擺蓮	69. Left Elbow-Stroke (Zuo Kao) 左靠
70. Hook Hand and Snake Creeps Down (Diao Shou She Shen Xia Shi) 刁手蛇身下勢	71. Diagonal Flying – Right (You Xie Fei Shi) 右斜飛勢
72. Strike the Tiger – Left (Zuo Da Hu) 左打虎	73. Double Dividing and Push Down (Shuang Fen Xia An) 雙分下按
74. Step Back and Repulse Monkey (Dao Nian Hou) 倒攆猴	75. Left Push (Zuo An) 左按
76. Step Back and Repulse Monkey (Dao Nian Hou) 倒攆猴	77. Right Push (You An) 右按
78. Repulse Monkey (Dao Nian Hou) 倒攆猴 79. Right Palm Strike (You Zhang Pai) 右掌拍	80. Step Forward to Seven Stars (Shang Bu Qi Xing) 上步七星 **(Right kick)**
81. Pick Up Needle from Sea Bottom (Hai Di Zhen) 海底針	82. Fan Back (Shan Tong Bei) 扇通背 **(Strike)**
83. Pluck Right (You Cai) 右採	84. Draw the Bow and Shoot the Tiger (Wan Gong She Hu) 彎弓射虎
85. Neutralize Up and Press Forward (Shang Hua Ping Ji) 上化平擠 **(Change leg, cross-step behind)**	86. Punch Under the Elbow (Zhou Di Kan Chui) 肘底看捶
87. Cross Hands (Shi Zi Shou) 十字手 **(Attack eyes)**	88. Embrace Tiger and Return to the Mountain (Bao Hu Gui Shan) 抱虎歸山 **(Push towards chest)**

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