

Salvatore Canzonieri – Comparison Chart Showing Evolution Of Set Postures From Tong Bei To Shaolin Nei Gung To Shaolin Chang Quan To Tai Ji Quan

Tai Ji Quan = Shaolin TZ , Hong, & Rou Quan, Shaolin Nei Gong = Tong Bei Comparison Chart											
Wu TJQ Yi Lu	Wu (Hao) Yi Lu	Yang TJQ Yi Lu	Chen TJQ Yi Lu	Shaolin Tai Zu Chang Quan Yi Lu	Shaolin Xiao Hong Quan	Shaolin Rou Quan 36 Postures 少林柔拳	Shaolin Luohan 13 Gung & Rou Quan 1	Shaolin Chuan Yuan Gung	Shaolin 6 Harmony Gung	Tong Bei Set – Qi Xing Hua Ji Pao	Tong Bei Drill Movements
Section One											
1. Preparation 太極起式	1. Preparation 太極起式	1. Preparation Rise & Lower Hands	1. Preparation Form (Tai Ji Qi Shi) 太極起式	Preparation (Yu Bei Shi) 预备式	1. Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
2. Raise Hands 提手上勢 3. Strum The Lute 手揮琵琶			(Zhao Bao TJQ Does More Like Shaolin)		2. Chest Center Embrace Moon (Huai Zhang Bao Yue) 怀中抱月 3. White Cloud Covers Peak (Bai Yun Gai Ding) 白雲蓋頂	1. Chest Center Embrace Moon (Huai Zhang Bao Yue) Left 怀中抱月 2. Both Hands Push Out (Shuang Shou Tui Chou) 雙手推出			Single Hand Pushes Mountain (Dan Shou Tui Shan) 单手推山 Chest Center Embrace Moon (Huai Zhang Bao Yue) 怀中抱月	1. Rotate Exchange Intersecting Hands - Zhuan Huan Jiao Cha Shou 轉換交叉手 2. Double Leading/ Pulling Hands – Shuang Yin Shou 雙引手	Pat Palm - Pai Zhang 拍掌
4. Grasp The Bird's Tail 攪雀尾	2. Left Grasp Sparrow's Tail 左攪雀尾	2. Grasp Sparrow's Tail (Lan Que Wei): 攪雀尾 - Ward Off Left	2. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Dui) 金剛搗碓 (Zhao Bao TJQ Does More Like Shaolin TZ)	1. Ocean Bottom Scoop Moon (Hai Di Lao Yue) 海底撈月	4. Push Palm Left (Tui Zhang) 推掌 左	3. Gather Round (Take Back) Embrace Moon (Sou Hai Bao Yue) 收回抱月	Transition (Ward Off Left Movement)	Conceal Sun, Hide Moon Cloud (Bi Ri Zhe Yun) 蔽日，遮月雲			Split Forcibly Hides Flower Palms (Pi Li Qian Hua Zhang) 劈力潛花掌
					5. Restrain Body (Shu Shen) 束身 6. Push Palm Left (Tui Zhang) 推掌 左						Retreat Step, Ape Monkey Enters Cave – Tui Bu, Yuan Hou Ru Dong 退步, 猿猴入洞
	3. Right Grasp Sparrow's Tail 右攪雀尾	3. - Ward Off Right	3. Lazy (Block) Tying Coat (Lan Zha Yi) 懶扎衣	2. Turn Right, Face To Face Pulling Hand (Ying-Mian Ban Shou)	7. Turn Face Right, Pulling Hand (Zhuan Lian You, Ban Shou)	4. Turn Body Right, Plundering / Intercepting Hand (Zhuan Shen You	1. Old Monk Splits Wood (Lao Seng Pi Chai) 老僧劈柴	(Greet) In The Wind Wipe Dirt (Ying-Feng Hui Chen)			3. Split Mountain Palm – Pi Shan Zhang 劈山 掌

			Lazy Brushing Coat (Lan Ca Yi) 拦擦衣 (Zhao Bao TJQ Does More Like Shaolin)	轉右，迎面 扳手	轉臉右，扳手	Lu / Lan Shou) 轉身右，掠手		迎風揮塵			
		4. - Divert & Draw 5. - Squeeze 6. - Press	4. Six Sealing And Four Closing - Liu Feng Si Bi 六封四闭 (Zhao Bao TJQ Does More Like Shaolin Rou Quan)		8. Forward Step, Push Palm (Shang Bu, Tui Zhang) 上步推掌	5. Push Like Fence Shape - Tui Ru Lan Xing 推如栏形 (Open Push Mountain Split – Kai Tui Shan Pi) 開推山劈	2. Luohan Drapes Coat (Luohan Pi Yi) 羅漢撇衣	(Row) Move Against Water Current With Boat (Ni Shui Hang Zhou) 逆水行舟		(Push Window Gaze Moon – Tui Chuang Wang Yue) 推窗望月	Wild Cat Strikes Rat (You Cheng Li Mao Pu Shu) 貓扑鼠
					9. (Transition) Turn Face, Revolve Hands, Stretch Thigh Zuan Mian, Wo Shou, Shen Bi 轉面，斡手，伸髀						
					10. Swing Foot (Bai Jiao) 擺脚						
5. Single Whip 單鞭 6. Flying Oblique Single Whip 斜飛勢（斜單鞭）	4. Single Whip 單鞭	7. Single Whip 單鞭	5. Single Whip - Dan Bian 單鞭 (Zhao Bao TJQ Does More Like TZ / Rou Quan)	3a. Press Down Hidden (Na Yin) 捺陰	11. Right Slanting Row (You Xie Hang) 右斜行	6. Reverse Step Spear / Snatching Hand (Dao Bu Qiang Shou) 倒步抢手				4. Press Down Hidden Palm (Na Yin Zhang) 捺陰掌	
7. Raise Hands 提手上勢	5. Lift Hands 提手上勢	8. Lift Hands Upward, 提手上 Shoulder Stroke 肘	6. Turn Left And Buddha’s Warrior Attendant Pounds Mortar-Zuo Zhuan Shen Dao Dui. 轉左，金剛搗碓 (Zhao Bao TJQ Does More Like	3b.Cut/Block Grasp/Hold & Hammer (Jie Ba Chui) 截把捶			3. Lazy Monk Lies On Pillow (Lan Seng Wo Zhen) 懶僧臥枕			6. Throwdown & Pat Palms – Shuai Pai Zhang 摔掌 拍掌	
					12. Embrace Elbow Restrain Body (Bao Zhou		(13. Luohan Carries Basket On Arm - Luohan Kua Lan)			7. Mending Hand, Drill Fist – Bu Shou, Zuan Quan	Planting Hammer - Zai Chui

			Shaolin TZ)		Shu Shen) 抱肘，束身		羅漢挎籃			補手，鑽拳	栽捶
8. White Crane Spreads Wings 白鶴亮翅	6. White (Goose) Crane Spreads Wings 白鶴亮翅	9. White Crane Spreads Wings 白鶴亮翅	7. White Crane Spreads Wings - Bai He Liang Chi 白鶴亮翅 (Zhao Bao TJQ Does More Like Shaolin TZ / Rou Quan)	4. Support Forearm (Cheng Bang) 撐膀	(Same Transition)	(Same Transition On Left) – Forward Step Turnover Hands – Shang Bu Fan Shou 上步翻手	4. Wind Swings Lotus Leaves (Feng Bai He Ye) 風擺荷葉	Pure Wind Swings Willow (Qing Feng Bai Liu) 清風擺柳	Wind Swings Willow (Feng Bai Yang-Liu) 風擺柳	8a. Intersecting Five Flowers – Jiao Cha Wu Hua 交叉五花	White Crane Shows Wings (Bai He Zhan Qi) 白鶴展翅
					13. Split Leg (Pi Tui) 劈腿						
9. Brush Knee Twist (Left And Right, Four Times) 擻膝拗步左右四度 10. Strum The Lute 手揮琵琶	7. Brush Knee Twist Step 擻膝拗步	10. Left Brush Knee Twist Step 擻膝拗步左	8. Walk Obliquely - Xie Xing 斜行 Brush Knee With Twist Step (Lou Xi) 擻膝	5a. Join Body (He Shen) 合身	14. Left Slanting Row (Zuo Xie Hang) 左斜行	7. Left Drop-Behind Step Slanting Shape (Zuo Lao Bu Xie Xing) 左落步斜形			Ambush Tiger Posture (Fu Hu Shi) 伏虎勢	6b. Transition (Movements Same As Brush Knee Twist Step)	
			(Zhao Bao TJQ Does More Like Shaolin TZ / Rou Quan)			(Same Transition On Right Like White Crane)					
	8. Strum The Pipa 手揮琵琶	11. Hands Strum Pipa (Guitar) 手揮琵琶	9. First Retreat - Chu Shou 俶收	5b. Double Spear Hands 雙搶手		8. Lift Knee Spear/ Snatching Hand (Ti Xi Qiang Shou) 提膝搶手				8c. Golden Rooster Independently Stands – Jin Ji Du Li 金雞獨立	Spear Hands – Qiang Shou 搶手
			10. Wade Forward With Twist Steps - Qian Tang Au Bu 拗步 (Zhao Bao TJQ Does More Like Shaolin TZ)	5c. Double Hands Brush Knees 雙手擻膝	15. Leave Behind Hands (Liao Shou) 擻手 16. Lion Big Stretches Open Snout (Shi-Zi Da Zhang Zui) 獅子大張嘴			Forcibly Pull 9 Bulls (Li La Jiu Niu) 力拉九牛			Golden Tiger Combines Mouth – Jin Hu He Kou 金虎合口
	9. Brush Knee Twist Step	12 – 14. Right, Left, Right Brush	11. Walk Obliquely - Xie	5d. Double Hands Grasp Behind		9. Drop-Behind Step Slanting	Lion Opens Mouth – Shi-Zi Zhang Kou				

	樓膝拗步	Knee Twist Steps 樓膝拗步左右四度	Xing 斜行 Brush Knee (Lou Xi) 樓膝	Shuang Shou Zuo Hou 雙手掙後 6. Lift Ground Raise To Sky (Ti Di Qing Tian) 提地擎天		Shape (Lao Bu Xie Xing) 落步斜形	獅子張口				
	10. Strum The Pipa 手揮琵琶	15. Hands Strum Pipa 手揮琵琶	12. Second Retreat - Zai Shou 再收							9. Swallow Drill Cloud, Throw Pat Palms – Yan-Zi Zuan Yun, Shuai Pai Zhang 燕子鑽雲，摔拍掌	Spear Hands – Qiang Shou 搶手
		16. Brush Knee Twist Step 樓膝拗步	13. Wade Forward With Twist Steps - Qian Tang Ao Bu 拗步					Forcibly Pull 9 Bulls (Li La Jiu Niu) 力拉九牛			
11. Step Forward, Parry And Punch 進步搬攔捶	11. Advance, Step, Deflect, Parry, Punch 進步搬攔捶	17. Advance, Step, Deflect, Parry, Punch 進步搬攔捶	14. The Fist Of Covering Hand And Arm - Yan Shou Hong Quan 掩手肱拳	7a. Covering Hand (Yan Shou) 掩手 7b. Brush Past Hand (Lu Shou) 摺手	17. Left, Right Cloud Peak (Zuo You Yun Ding) 左右雲頂 18. Seven Star (Qi Xing) 七星		7. Cloud Hands 7 Star (Yun Shou Qi Xing) 雲手七星	Both Hands Like Lotus Flowers (Shuan Shou Lien Hua) 雙手蓮花		10. Falling Step, Mending Hand Drill Punch – Lou Bu, Bu Shou Zuan Quan 落步補手，鑽拳	Heart Cannon – Xin Pao 心炮
12. As If Closing A Door 如封似閉（進按）	12. Withdraw And Push 如封似閉（進按）	18. Like Sealing As If Closing (Apparent Withdraw, Push) 如封似閉（進按）								11. Forward Step Push Mountain Palms – Shang Bu Tui Zhang 上步推山掌	
					19. Single Whip (Dan Bian) 單鞭		Er Lang Spears Mountain (Er Lang Qiang Shan) 二郎搶山				
13. Carry Tiger To Mountain	13. Embrace Tiger And Return	19. Cross Hands 十字手	15. Buddha's Warrior Attendant	7c. “Hateful” Foot (Hen Jiao)	20. Embrace Elbow Restrain	10. Intercepting Hand, Stepping	13. Luohan Carries Basket On Arm –			12. Retreat Step, Ape Monkey	

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			17. Lean Bend Back - Bei Zhe Kao 揸折尻	11a. Ride Tiger (Zuo Hu) 跨虎		15a. Turn Body, Plundering Hand (Zhuan Shen Lu Shou) 轉身，掠手	Lazy Monk Lies On Pillow (Lan Seng Wo Zhen) 懶僧臥枕			15. Big Turn Over (Flash) Body Hang Ear Fist – Da Fan Shen Gua Er Quan 大翻身，掛珥拳	
			18. Green Dragon Comes Out Of Water – Qing Long Chu Hai 青龙出水 (Low Cover Hand Punch - Xia Yan Shou Chui) 下掩手捶	11b. Close Body, Both Wrapping Fist (Shu Shen Shuang Bao Quan) 束身，雙抱拳							
			(Zhao Bao TJQ Does More Like Shaolin TZ)	12. Left Plow Hammer (Zuo Jue-Qi Chui) – Single Whip 左槩梨捶			Er Lang Spears Mountain 二郎搶山				
	17. Lift Hand 提手上勢		19. Double-Handed Push – Shuang Tui Shou 雙手推掌	13. Phoenix Single Spread Wing (Feng Hwang Dan Zhan Chi) 鳳凰單展翅		15b. Push Like Fence Shape (Tui Ru Lan Xing) 推如欄形	5. Double Hands Push Mountain (Shuang Shou Tui Shan) 雙手推山		Subdue Dragon Palm (Jiang Long Zhang) 降龍掌	(11. Forward Step Push Mountain - Shuang Bu Tui Shen) 上步推山	
			20. Change Palms Three Times - San Huan Zhang 三換掌	14a. Shake Mountain (Yao Shan) – Cloud Hands (Yun Shou) 搖山 - 雲手		16. Fall (Reverse) Step Two Swings (Dao Bu Er Bai) 倒步二擺		Autumn Wind Sweeps Leaves - Twist Waist Move Around Hips – (Qiu Feng Sao Ye – Niu Yao Zhou Kua) 秋風掃葉 - 扭腰軸胯		16. Throwdown & Pat Palms – Shuai Pai Zhang 摔掌 拍掌	
19. Fist Under Elbow 肘底看捶	18. Fist Under Elbow 肘底看捶	23. Observe Fist Under Elbow 肘底看捶	21. Observe Fist Under Elbow – Zhou Di Kan Chui 肘底看捶	14b. (Same Transition As Fist Under Elbow)		17. Single Wind Pierces Ears (Dan Feng Gua Er) 單風貫耳	Parry With Fist Under Elbow – Tang Quan Di Zhou 底搪肘			17. Mending Hand, Drill Fist - Bu Shou Zuan Quan 補手，鑽拳	
						18. Ocean Bottom Cannon (Hai Di Pao)					

						海底炮					
Section Two											
20. Step Back & Repulse Monkey (Left And Right, Three Times) 倒攆猴左右三度	19 -22. Step Back Repulse Monkey Left and Right Three Times 倒攆猴左右三度	24 -26. Step Back Repulse Monkey Left and Right Three Times 倒攆猴左右三度	22. Step Back And Whirl Arms On Both Sides (Dao Juan Hong) 倒卷肱 (Zhao Bao TJQ Does More Like Shaolin Ruo Quan)	15. Pulling Hand (Ban Shou) & Push Waist (Tui Yao) - 3 Times 扳手，推腰			Step Back And Parry With Elbow (Dao Bu Tang Zhou) 倒步搪肘	Shake Body, Sway Shoulders/ Upper Arms (Yao Shen Huang Bang) 搖身，膀膀		18a. Intersecting Five Flowers – Jiao Cha Wu Hua 交叉五花	Stretch Shoulder Method - Shen Jian Fa 伸肩法
21. Flying Oblique 斜飛勢		27. Flying Obliquely (Diagonal Slant) 斜飛勢	23. Backward Step Press Elbow 捺肘		(Left Right Raise Palms – Zuo You Yang Zhang: From #5 In Er Lu Xiao Hong Quan) 左右陽掌	19. Forward Step, Plundering Hand 上步, 掠手	Lazy Monk Lies On Pillow (Lan Seng Wo Zhen) 懶僧臥枕				
22. Raise Hands 提手上勢	23. Strum Pipa 手揮琵琶	28. Lift Hands Upward, Shoulder Stroke 提手，肘				20. Push Like Fence Shape- Tui Ru Lan Xing 推如栏形					
			24. Middle Stage			21. Stretch Hands Grope Fish (Shen Shou Mo Yu) 伸手摸魚					
23. White Crane Spreads Wings 白鶴亮翅	24. White Crane (Goose) Spreads Wings 白鶴亮翅	29. White Crane Spread Wings 白鶴亮翅	25. Bai He Liang Qi (The White Crane Shows Its Wings) 白鶴亮翅	(Same)		22. White Crane Shows Wings (Bai He Zhan Qi) 白鶴展翅	Wind Swings Lotus Leaves (Feng Bai He Ye) 风擺荷葉	Pure Wind Swings Willow (Qing Feng Bai Liu) 清风擺柳	Wind Swings Willow (Feng Bai Yang-Liu) 风擺楊柳		White Crane Shows Wings (Bai He Zhan Qi) 展翅
24. Brush Knee Twist 摟膝拗步	25. Brush Knee Twist Step 摟膝拗步	30. Left Brush Knee Twist Step, Right Palm Strike 左摟膝拗步 右掌扑	26. Xie Xing (Walk Obliquely) 斜行							16b. Transition (Movements Same As Brush Knee Twist Step) 18c. Golden Rooster Independently Stands – Jin Ji	
	26. Strum Pipa 手揮琵琶										

										Du Li 金雞獨立	
25. Needle At The Bottom Of The Sea 海底針	27. Push Posture 推勢	31. Needle At Sea Bottom 海底針	(Needle At Sea Bottom – Hai Di Zhen) 海底針	16. Tiger Strike (Hu Pu) 虎扑	(Ye Cha Plays Ocean – Ye Cha Xi Hai: From #6 In Er Lu Xiao Hong Quan) 夜叉嬉海	(23a. Eagle Turns Over To Grasp Prey – Lao-Ying Fan Zhuo Niao.) 老鷹扇捉鳥	12. Single Hand Inserts Incense (Dan Shou Cha Xiang) 单手插香		Subdue Dragon Palm – Jiang Long Zhang 降龙掌	19. Swallow Drills Clouds, Throw Pat Palms – Yan-Zi Zhuan Yun, Shuai Pai Zhang 燕子鑽雲， 摔拍掌	Big Fan Flame/ Incite – Da Shan 大煽 Red Face Reflects Cut Throat - Hong Lian Zhao Jing 紅臉照剉
26. Fan Through The Back 扇通背	28. Blue Dragon Flies Out Of Water 青龙出水	32. Fan Through The Back 扇通背	27. Shan Tong Bei (Flash/Dodge Through Back) 扇通背	17a. Raise Strike Tool Hole/Eye (Tiao Da Qi Yaun) 挑打器眼		23b. Fall Back (Reverse) Step Spreads Wings (Dao Bu Liang Qi) 倒步亮翅	6. Luohan Flag Grasp (Luohan Qi Ba) 羅漢旗把	Hungry Tiger Contracts Body – E' Hu Shu Shen 餓虎束身			
27. Turn Over Body - Throw Fist 翻身撒身捶	29. Turn Over Body 翻身	33. Turn Over Body And Strike 翻身撒身捶		17b. Ride Tiger 跨虎							
28. Step Back, Parry And Punch 退步搬攔捶	30. Three Changes Of Back – San ? Bei 搯	34. Advance, Step, Deflect, Parry, And Punch 退步搬攔捶	28. Yan Shou Hong Quan (Step Forward And The Fist Of Covering Hand) 进步掩手肱拳	18b. Close Body, Both Wrapping Fist (Shu Shen, Shuang Bao Quan) 束身，雙抱拳			Cloud Hands 7 Star 雲手七星	Both Hands Like Lotus Flowers (Shuang Shou Lien Hua) 雙手蓮花		20. Falling Step, Mending Hand Drill Punch (Luo Bu, Bu Shou Zuan Quan) 落步補手，鑽拳	
29. Step Forward And Grasp The Bird's Tail 上步攬雀尾		35. Step Up, Grasp Sparrow's Tail: 上步攬雀尾 - Ward Off Left - Ward Off Right	Tui Bu Lan Ca Yi (Step Back And Lazy Tying The Jacket) 退进步拦擦衣				Old Monk Splits Wood 老僧劈柴			21. Push Window Gaze Moon – Tui Chuang Wang Yue 推窗望月	
		- Divert & Draw - Squeeze - Press	29. Liu Feng Si Bi (Six Sealing And Four Closing) 六封四闭				Luohan Drapes Coat 羅漢撒衣				

30. Single Whip 單鞭	31. Single Whip 單鞭	36. Single Whip 單鞭	30. Dan Bian (Single Whip) 單鞭	19. Right Plow Hammer – You Jue- Qi Chui 右槩犁捶			Er Lang Spears Mountain 二郎搶山				
	32. Downward Posture 下勢										
31. Cloud Arms 雲手（三度）	33. Wave Hands Like Clouds 雲手（三度）	37. Cloud Hands 雲手（三度）	31. Shang Yun Shou (Upper Wave Hands) 上雲手（三度）								
32. Single Whip 單鞭	34. Single Whip 單鞭	38. Single Whip 單鞭									
	35. Raise Hand 提手										
33. High Pat The Horse 左高探馬	36. High Pat Horse 左高探馬	39. High Pat On Horse 左高探馬	32. Gao Tan Ma (High Pat On Horse) 左高探馬								Pat Palm – Pai Zhang 拍掌
	37. Submissive Tiger Posture Left 虎勢左										
Section Three											
34. Separate Right Foot 右分腳	38. Separate Right Foot 右分腳	40. Separate Feet Right 右分腳	33. You Ca Jiao (Right Rub Foot) 右擦腳	20a. Cross Shape Wide Step Right (Shi-Zi Kuo Bu You) 十字廓步右							Pulling Hands Hook Moon – Yin Shou Gou Yue 引手勾月
35. High Pat The Horse, Right 右高探馬	39. Submissive Tiger Posture Right 虎勢右										
36. Separate Left Foot 左分腳	40. Separate Left Foot 左分腳	41. Separate Feet Left 左分腳	34. Zuo Ca Jiao (Left Rub Foot) 左擦腳	20b. Cross Shape Wide Step Left (Shi- Zi Kuo Bu) 十字廓步左							
37. Turn Body And Strike With Heel	41. Turnover Body And Kick Foot	42. Turn Body And Kick With Left Heel	35. Zuo Zhuan Shen Deng Jiao (Left Turn Body				Turn Body And Silk Winding Leg – Si Li Tui				Stride Tiger Sit Mountain – Kuo Hu Zuo Shan

轉身蹬腿	轉身蹬腿	轉身左蹬腿	And Left Side Kick) 左轉身左蹬腿				轉身，絲纏腿				跨虎坐山
38. Brush Knee Twist (Two Times) 摟膝拗步二度	42. Single Whip 單鞭	43 – 44. Brush Knee Twist Step – Both Sides 摟膝拗步二度	36. Qian Tang Yao Bu (Wade Forward And Twist Step On Both Sides) 前堂拗步								
39. Step Forward And Punch Down 進步栽捶	43. Jump Forward And Punch Downwards 進步栽捶	45. Advance Step, Plant Punch Downwards 進步栽捶	37. Ji Di Chui (Punch To Hit The Ground) 擊地捶	20c. Cross-Shape Dashing Fist (Shi-Zi Chong Quan) 十字衝拳			Cross Leg Stance & Fist (Shi Tui Xiu Quan) 十字腿拳				
	44. Jump High And Double Kick 二起腳		38. Er Qi Jiao (Double Kick) 二起腳	(Double Kick And Punch)							
40. Turn Over Body - Through Fist 翻身撇身捶	45. Turn Over Body Posture 翻身勢	46. Turn Over Body And Strike 翻身撇身捶	39. Hu Xin Quan (The Fist Protecting The Heart) 护心拳 Animal Head Posture – 勢	21. Coiling Elbow (Pan Zhou) 盤肘			Turn Over Fist – Fan Quan 翻拳 Strike Hammer – Da Chui 打捶 Strike Elbow In Horse Stance – Da Zhou Ma Bu 打肘馬步			22. Turn Over / Flash Body, Flash Back Fist – Fan Shen, Fan Bei Quan 翻身，翻背拳	
41. High Pat The Horse 高探馬 42. Separate Right Hand 右分手		47. Advance Step, Deflect, Parry, And Punch 進步搬攔捶		22. Empty Step Show Palm (Xu Bu Liang Zhang) 虛步亮掌 23. Black Tiger Pulls Out Heart (Hei Hu Tao Xin) 黑虎掏心			Empty Step With Push Palm – Xu Bu Tui Zhang 虛步 推掌			23. Forward Step Pat Palm – Shang Bu Pai Zhang 上步拍掌	
43. One Raised Foot 一起腳	46. Withdraw And Kick	48. Kick With Right Heel	40. Xuan Feng Jiao (Tornado Foot)	24. Two Lifting Flying Feet (Er Qi Fei Jiao)							Kua Hu Zuo Shan – Stride Tiger Sit

		右蹬一根	旋风脚	二起飛腳 – Same As #9 Previous.							Mountain 跨虎坐山
44. Step Back To Form The Seven Stars 退步七星 45. Step Back And Beat The Tiger Posture 退步打虎勢		49-50. Strike Tiger 打虎 Left And Right 左右			(Turn Body, Beat Tiger – Zuan Shen Da Hu: From #9 Er Lu Xiao Hong Quan) 轉身，打虎						
46. Two Raised Feet 二起腳		51. Kick With Right Heel 蹬一根	41. You Zhuan Shen, Deng Jiao (Turn Right And Stamp Foot) 右转身，蹬脚		(Join Palms, Swing Movement – He Zhang Bai Yun: From #10 In Er Lu Xiao Hong Quan) 合掌擺運						
47. Twin Peaks Strike Ears 雙峰貫耳		52. Double Wind Strike Ears - Shuang Feng Gua Er 雙风貫耳		(Double Parenthesis Same As In #10 Previous)							(Big Turn Over Hanging Ear Punch - Da Fan Shen Gua Er Quan) 大翻掛珥拳
48. Open Body And Strike With Toe 披身踢腿		53. Kick With Left Heel. 蹬一根	(Seen In Chen TJQ Er Lu Pao Chui #45 And #46 – Kick With Left Heel And Kick With Right Heel)		(Golden Rooster Independently Stands Jin Ji Du Li – From #11 In Er Lu Xiao Hong Quan) 金雞獨立						Kuo Hu Zuo Shan – Stride Tiger Sit Mountain 跨虎坐山
49. Turn Body And Strike With Heel 轉身蹬腿	47. Turn Over Body And Right Kick 翻身	54. Pivot, Kick With Right Heel 轉身蹬腿			(Phoenix Whirls Nest – Feng- Huang Xuan Wo – From #11 In Er Lu Xiao Hong Quan) 鳳凰旋窩						
50. High Pat The Horse										24. Three Palms – San Zhang	

高探馬										三掌	
51. Step Forward, Parry And Punch 進步搬攔捶	48. Advance Step, Deflect, Parry, And Punch 進步搬攔捶	55. Advance Step, Deflect, Parry, And Punch 進步搬攔捶	42. Yan Shou Hong Quan (The Fist Of Covering Hand) 掩手肱拳	(Covering Hand – Same As #7a Previous) 掩手	(Turn Body, Beat Tiger – Zuan Shen Da Hu: From #12 Er Lu Xiao Hong Quan) 轉身，打虎		Cloud Hands 7 Star 雲手七星	Both Hands Like Lotus Flowers (Shuan Shou Lien Hua) 雙手蓮花			Falling Step, Mending Hand Drill Punch (Luo Bu, Bu Zuan Yun Quan) 落步補手，鑽拳
52. As If Closing A Door 如封似閉 (進按)	49. Withdraw And Push 如封似閉 (進按)	56. Like Sealing As If Closing (Apparent Withdraw, Push) 如封似閉 (進按)									Push Mountain 推山
53. Carry Tiger To Mountain 抱虎歸山	50. Embrace Tiger And Return To Mountain 抱虎歸山	57. Cross Hands 十字手								25. Crossing Hands 十字手 Closing Position	Rotate Exchange Intersecting Hands - Zhuan Huan Jiao Cha Shou 轉換交叉手
54. Cross Hands 十字手	51. Strum Pipa 手揮琵琶	58. Embrace Tiger, Return To Mountain 抱虎歸山									
			43. Xiao Qin Da (Small Catching And Hitting) 小擒打	25. Elaborate Ground Cannon (Zhui Di Pao) 贅地炮							
55. Oblique Brush Knee Twist 斜擻膝拗步											
			44. Bao Tou Tui Shan (Embrace Head And Push Mountain) 抱頭推山								
56. Turn Body And Brush Knee Twist 轉身擻膝拗步											
			45. San Huan Zhang (Change Palm Three Times)	(Shake Mountain - Same As #14 Previous)							

			三换掌								
57. Grasp The Bird's Tail 攬雀尾	52. Grasp Sparrow's Tail On Right 攬雀尾右	59. Grasp Sparrow's Tail 攬雀尾	46. Six Sealings, Four Closings 六封四闭								
58. Single Whip (Slanting) 單鞭（斜單鞭）	53. Diagonal Single Whip 單鞭（斜單鞭）	60. Oblique Single Whip 單鞭（斜單鞭）	47. Dan Bian (Single Whip) 單鞭				Er Lang Carries Mountain 二郎抢山				
Section Four											
59. Strum The Lute 手揮琵琶	54. Downward Posture 下勢		46. Qian Zhao (Forward Trick) 前招								
60. Wild Horse Parts Mane 野馬分鬃		61. Part Wild Horse's Mane 野馬分鬃	49. Hou Zhao (Backward Trick) 后招								
61. Strum The Lute 手揮琵琶											
62. Wild Horse Parts Mane (Left And Right, Three Times) 野馬分鬃三度	55. Wild Horse Parts Mane 野馬分鬃	62. Part Wild Horse's Mane 野馬分鬃	50. Yie Ma Fen Zong (Part The Wild Horse's Mane On Both Sides) 野馬分鬃				10. Luohan Shifts Flour (Luohan Luo Mien) Left, Right, Left 羅漢羅麵				Weave (Penetrate / Cut Through) Palm – Chuan Zhang 穿掌
63. Strum The Lute 手揮琵琶		63. Part Wild Horse's Mane 野馬分鬃									
64. Wild Horse Parts Mane 野馬分鬃											
		64. Grasp Sparrow's Tail: - Ward Off Left - Ward Off Right									
		- Divert & Draw - Squeeze - Press	51. Zuo Zhuan Shen Liu Feng Si Bi (Turn Left And Six Sealing And Four Closing)								

			左,六封四闭								
	56. Single Whip 單鞭	65. Single Whip 單鞭	52. Dan Bian (Single Whip) 單鞭				Er Lang Carries Mountain 二郎抢山				
			53. Tui Bu Shuang Zhen Jiao (Back Step And Both Stamp Feet) 退步雙震脚								
65. Jade Girl Works At Shuttle 玉女穿梭二度	57. Fair Lady Works Shuttles 玉女穿梭二度	66- 69. Fair Lady Works Shuttles 玉女穿梭二度 (4 Times)	54. Yu Nu Chuan Suo (Jade Girl Works At Shuttles) 玉女穿梭		42. Right Left Right Push Palms – You/ Zuo Tui Zhang 右左右推掌	24. Forward Step Push Palm - Shang Bu Tui Zhang 上步推掌	9. Roll Hands Push Palms (Gun Shou Tui Zhang) 滾手，推掌	Forcibly Split Hua Mountain (Li Pi Hua Shan) 力劈山			Stretch Shoulder Method - Shen Jian Fa 伸肩法
66. Strum The Lute 手揮琵琶	58. Strum Pipa 手揮琵琶				44. Left Right Left Push Palms 右左右推掌	25. Reverse Step Push Palm 倒步推掌					
67. Wild Horse Parts Mane 野馬分鬃											
68. Jade Girl Works At Shuttle 玉女穿梭二度											
			(Zhao Bao Tai Ji Has Same Movements)		(Plum Flower Hand – Mei Hua Shou, From #2 In Xiao Hong Quan Er Lu) 梅花手	26. Both Hands Join In Center (Shaung Shou He Zhong) 雙手合中					
					(Knock On Door – Qiao Men, From #3 In Xiao Hong Quan Er Lu) 敲門	27. Both Dividing Knees (Shaung Fen Xi) – <i>As Seen In Zhao Bao Style TJQ</i> 雙分膝					
69. Grasp The Bird's Tail	59. Grasp Sparrow's Tail	70. Grasp Sparrow's Tail:	55. Lan Zha Yi (Lazy Tying Coat)	(Face To Face Pulling Hand - Ying-	(Left Right Rising Palms – Zuo You	28. Chest Center Embrace Moon					

攬雀尾	Right 攬雀尾	攬雀尾 -Ward Off Left - Ward Off Right	懶扎衣	Mian Ban Shou) 迎面 扳手	Yang Zhang, From #5 Xiao Hong Quan Er Lu) 左右陽掌	(Huai Zhang Bao Yan) 怀中抱月					
		- Divert & Draw - Squeeze - Press	56. Liu Feng Si Bi (Six Sealing And Four Closing) 六封四闭			29. Both Hands Push Out (Shuang Shou Tui Chou) 雙手推出					
70. Single Whip 單鞭	60. Single Whip 單鞭	71. Single Whip 單鞭	57. Dan Bian (Single Whip) 單鞭			30. Take Back Embrace Moon (Sou Hai Bao You) 收回抱月					
	61. Downward Posture 下勢										
71. Cloud Hands 雲手 (三度)	62. Wave Hands Like Clouds 雲手 (三度)	72. Wave Hands Like Clouds 雲手 (三度)	58. Zhong Yun Shou (Middle Wave Hands) 中雲手 (三度)				Er Lang Carries Mountain 二郎抢山				
72. Single Whip 單鞭	63. Single Whip 單鞭	73. Single Whip 單鞭									
	64. Downwards Posture 下勢										
			59a. Shuang Bai Lian (Double Lotus Kick) 雙摆莲脚	26a. (Transition – Double Crescent Kicks)	22. Whirl Wind Kick (Xuan Feng Jiao) 旋风脚						
73. Snake Creeps Down 下勢 (蛇身下 勢)		74. Snake Creeps Down 下勢 (蛇身下勢)	59b. Bai Jiao, Die Cha (Swing Foot, Fall And Split) 擺腳，跌叉	26b. Swallow Takes Water (Yan-Zi Qu Shui) 燕子取水	(Ye Cha Plays In Ocean – Ye Cha Xi Hai, From #6 In Xiao Hong Quan Er Lu)						Prostrate Stance – Pu Bu 僕步

					夜叉嬉海 (Swallow Seizes Water – Yan-Zi Chao Shui From #7 In Xiao Hong Quan Er Lu) 燕子水 (Servant Posture Beat Hammer – Chen Shu Da Chui – From #8 In Xiao Hong Quan Er Lu) 僕勢打捶						
74. Golden Cock Stands On Left Leg 左金雞獨立	65. Golden Rooster Stands One Leg Right, Left 左金雞獨立 右金雞獨立	75. Golden Rooster Stands On One Leg – Left 左金雞獨立	60a. Zuo Jin Ji Du Li (Left Golden Rooster Stands On One Leg) 左金雞獨立	27. Overlord Observes Troops (Ba-Wang Guan Zhen) 霸王觀陣	23. “Hateful” Foot Dashing Sky Cannon (Hen Jiao Chong Tien Pao) 恨脚衝天炮 (Turn Body, Beat Tiger – Zhuan Shen Da Hu 轉身，打虎 and Join Palms Swing Movement – He Chang Bai Yun, From #9 & 10 In Xiao Hong Quan Er Lu) 合掌擺運	31. Golden Rooster Stands Independently (Jin Ji Du Li) 金鸡独立	8. Old Tiger Hugs Head (Lao Hu Bao Tou) 老虎抱頭		Lift Sky Palm (Tuo Tien Zhang) 拓天掌		Golden Rooster Independently Stands - Jin Ji Du Li) Left 金雞獨立
75. Golden Cock Stands On Right Leg 右金雞獨立		76. Golden Rooster Stands On Leg –Right 右金雞獨立	60b. You Jin Ji Du Li (Right Golden Roaster Stands On One Leg) 右金雞獨立		24. Scorpion Swings Tail (Xie-Zi Bai Wei) 蠍子擺尾 (Golden Rooster Stands On Leg – Jin Ji Du Li, From #11 In Xiao Hong Quan Er Lu) 金雞獨立						Repeat On Right
					25. Lion Opens Mouth 獅子張口		Lion Opens Mouth 獅子張口				Golden Tiger Combines

					獅子張口						Mouth – Jin Hu He Kou 金虎合口
Section Five											
76. Step Back And Repulse Monkey (Left And Right, Three Times) 倒攆猴左右三度	66. -69. Step Back Repulse Monkey Left, Right, Left, Right 倒攆猴左右三度	77-79. Step Back Repulse Monkey Right , Left, Right 倒攆猴左右三度	61. Dao Juan Hong (Step Back And Whirl Arms On Both Sides) 倒卷肱		26. Falling Step Push Palm – Luo Bu Tui Zhang 落步推掌 27. Retreating Steps, Three Palms – Tui Bu San Zhang 退步，三掌		Step Back And Parry With Elbow (Dao Bu Tang Zhou) 倒步搪肘	Shake Body, Sway Shoulders (Yao Shen Huang Beng) 搖身，膀膀			
77. Transverse Flying Oblique 橫斜飛勢		80. Diagonal Slant Flying 橫斜飛勢					Lazy Monk Lies On Pillow (Lan Seng Wo Zhen) 懶僧臥枕				Diagonal Slant Strike – Xie Xie Da 斜斜打
			62. Zuo Zhuan Shen Jin Bu Ji (Turn Left And Step Back To Press Elbow) 左转，捺肘		28. Turn Face Pulling Hand 轉面，扳手 29. Forward Step Push Palm 上步推掌						
					30. Turn Face, Stretch Thigh – Zhuan Lian, Shen Bi 轉面，伸髀 31. Trample Foot – Cai Jiao 跣脚						
78. Raise Hands 提手上勢	70. Strum Pipa 手揮琵琶	81. Raise Hands, Shoulder Stroke 提手，肘	63. Shun Lan Zhou (Block With Elbow) 順攔肘		32. Coil Elbow (Pan Zhou) 盤肘						
					33. Search Ocean Hammers And Split Kick – Tan Hai Chui & Pi Tui 探海捶，劈腿						

79. White Crane Spreads Wings 白鶴亮翅	71. White Crane (Goose) Spreads Wings 白鶴亮翅	82. White Crane Spreads Wings 白鶴亮翅	64. Bai He Liang Qi (White Crane Spreads Its Wings) 白鶴亮翅		34. Coil Elbow (Pan Zhou) 盤肘		Wind Swings Lotus Leaves (Feng Bai He Ye) 風擺荷葉	Pure Wind Swings Willow (Qing Feng Bai Liu) 清風擺柳	Wind Swings Willow (Feng Bai Yang-Liu) 風擺楊柳		White Crane Shows Wings (Bai He Zhan Qi) 白鶴展翅
80. Brush Knee Twist 摟膝拗步	72. Brush Knee Twist Step 摟膝拗步 73. Strum Pipa 手揮琵琶	83. Brush Knee Twist Step, 摟膝拗步 Right Palm Strike 右掌撲	65. Xie Xing (Walk Obliquely) 斜行		35. Wipe Behind Hands – Ca Hou Shou 擦後手 36. Lion Big Stretches Open Snout (Shi-Zi Da Zhang Zui) 獅子大張嘴						
81. Needle At The Bottom Of The Sea 海底針	74. Push Posture 推勢	84. Needle At Sea Bottom 海底針					Single Hand Inserts Incense (Dan Shou Cha Xiang) 單手插香		Subdue Dragon Palm – Jiang Long Zhang 降龍掌		Big Fan Flames / Incite – Da Shan 大煽 Red Face Reflects Cut Throat - Hong Lian Zhao Jing 紅臉照劉
82. Fan Through The Back – Fan Tong Bei 扇通背	75. Blue Dragon Flies Out Of Water 青龍出水	85. Fan Through Back – Fan Tong Bei 扇通背	66. Shan Tong Bei (Flash The Back) 扇通背				Luohan Flag Grasp (Luohan Qi Ba) 羅漢旗把	Hungry Tiger Contracts Body – E' Hu Shu Shen 餓虎束身			Flash Body Flash Back Fist – Fan Shen Fan Bei Quan 翻身，翻背拳
83. Turn Over Body - Throw Fist 翻身撇身捶	76. Turn Over Body, Throw Fist – Fan Shen, Pie Chui 翻身撇身捶	86. Turn Over Body, White Snake Darts Out Tongue - Fan Shen, Bai She Tuo She 翻身，白蛇吐舌		28a. Turn Over Body, Both Throw Striking Hands (Fan Shen, Shuang Pie Chui Shou) 翻身，雙撇捶手	40. Spear Hands – (Qiang Shou) 搶手		11. Turn Body, White Snake Spits Tongue (Bai She Tuo She) 轉身，白蛇吐舌				Turn Body, White Snake Spits Tongue (Bai She Tu She) 轉身，白蛇吐舌
84. Step Forward, Parry And Punch 上步搬攔捶	77. Three Changes Of Back – San ? Bei	87. Step Forward, Parry And Punch 上步搬攔捶	67. Yan Shou Hong Quan (Step Forward And The Fist Of Covering Hand)	28b. Fish Out Temple Hammer (Tao Bin Chui) 掏鬚捶	37. Left/Right Cloud Peak – Zuo You Yung Ding 左右雲頂			Both Hands Like Lotus Flowers (Shuan Shou Lien Hua) 雙手蓮花			Four Level Cannon – Su Ping Pao 四平炮

			掩手肱拳		38. Seven Star – Qi Xing 七星						
85. Step Forward And Grasp The Bird's Tail 上步攬雀尾		88. Grasp Sparrow's Tail: 上步攬雀尾 -Ward Off Left	68a. Tui Bu Lan Ca Yi (Step Back And Block Touching The Jacket) 进退步拦擦衣								
		- Ward Off Right									
		- Divert & Draw - Squeeze - Press	68b. (Liu Feng Si Bi) - Six Sealing And Four Closing 六封四闭								
86. Single Whip 單鞭	78. Single Whip 單鞭	89. Single Whip 單鞭	69. Dan Bian (Single Whip) 單鞭		39. Single Whip – Dan Bian 單鞭		Er Lang Carries Mountain 二郎抢山				
	79. Downwards Posture 下勢				40. Embrace Elbow, Restrain Body – Bao Zhou Shu Shen 抱肘，束身 41. Spear Hands 抢手						
87. Cloud Arm 雲手 (三度)	80. Wave Hands Like Clouds 雲手 (三度)	90. Wave Hands Like Clouds 雲手 (三度)	70. Xia Yun Shou (Lower Wave Hands) 下雲手 (三度)		42. Right Trample Foot – You Cai Jiao 右跏脚 43. Right Left Right Push Palms – You Zuo You Tui Zhang 右左右推掌 44. Left Trample Foot – Zuo Cai Jiao 左跏脚 45. Right Left Right Push Palms						

					右左右推掌						
88. Single Whip 單鞭	81. Single Whip 單鞭 62. Raise Hands 提手	91. Single Whip 單鞭									
89. High Pat The Horse 高探馬	83. High Pat On Horse 高探馬	92. High Pat On Horse 高探馬	71. Gao Tan Ma (High Pat On Horse) 高探馬			32. Single Hand Beats Door (Dan Shou Da Men) 单手打门					Pat Palm – Pai Zhang 拍掌
Section Six											
90. Strike Face With Palm 撲面掌	84. Heart Palm 心掌	93. Crossing Palm 十字掌	72. Cross Lotus Legs - Shi Zi Lian Jiao 十字摆蓮脚			33. Intercepting Hand, Stepping Into Leg (Lan Shou, Deng Tui) 拦手蹬腿					
91. Turn Over Body, Single Lotus Swing 翻身單擺蓮	85. Turn Over Body Sweep Lotus Single Leg 翻身單擺蓮	94. Turn Over Body And Cross Kick 翻身十字脚									
92. Brush Knee Twist 摟膝拗步											
93. Step Forward And Punch To Lower Abdomen 上步指擋捶	86. Step Forward Punch Opponent's Groin 上步指擋捶	95. Punch Groin 上步指擋捶	73. Zhi Dang Chui (The Punch Of Hitting Crotch) 指裆捶	29a. Empty Step, Left Palm and Right Groin Hammer (Hide Sword Posture) – Qi Bu, Zuo Zhang, You Dang Chui 虛步，擋捶	46. Hungry Tiger Spring At Food (E' Hu Pu Shi) 餓虎扑食						
			74. Yuan-Hou Xian Guo (Ape Presents Fruit) 猿猴献果								
94. Step Forward And Grasp The Bird's Tail 上步攬雀尾	87. Grasp Sparrows Tail On Right 攬雀尾右	96. Step Forward And Grasp Sparrow's Tail 上步攬雀尾	75. Liu Feng Si Bi (Six Sealing And Four Closing) 六封四闭								

95. Single Whip 單鞭	88. Single Whip 單鞭	97. Single Whip 單鞭	76. Dan Bian (Single Whip) 單鞭				Er Lang Carries Mountain 二郎搶山				
96. Downwards Posture (Snake Creeps Down) 下勢（蛇身下 勢）	89. Downwards Posture 下勢		77. (Pu Di Long) Dragon Sweeps Ground 雀地龍	29b. Grind Waist Fish Out Rib Hammer – Mo Yao Tao Lei Chui 磨腰掏肋捶							
97. Step Forward And Form The Seven Stars 上步七星	90. Step Up To Seven Stars 上步七星	99. Step Up To Seven Stars 上步七星	78. Shang Bu Qi Xing (Step Forward To Seven Stars) 上步七星	30a. Right Tiger Strike (Hu Pu) 右虎扑	48. Turn Over Back Yang Hammer (Fan Bei Yang Chui) 翻背陽捶						Seven Star Palm – Qi Xing Zhang 七星掌
98. Step Back And Ride The Tiger 退步跨虎	91. Step Back To Ride Tiger 退步跨虎	100. Step Back To Tiger 退步跨虎	79. Tui Bu Kua Hu (Step Back And Mount The Tiger) 退步跨虎	30b. Continued	49. Side Of Ear Cannon (Ce Er Pao) 側耳炮 (Turn Body, Beat Tiger – Zhuan Shen Da Hu From #13 Xiao Hong Quan Er Lu) 轉身，打虎			Forcibly Pull 9 Bulls (Li La Jiu Niu) 力拉九牛			
99. Turn Body And Strike Face With Palm 轉身撲面掌											Big Overturning Body - Da Fan Shen, Pat Palm -Pai Zhang 大翻身，拍掌
100. Turn Over Body - Double Lotus Swing 翻身雙擺蓮	92. Sweep Lotus Single Leg 擺蓮	101. Turn Around And Lotus Kick 翻身擺蓮	80. Zhuan Shen, Bai Lian Jiao (Turn Body, Lotus Kick) 翻身，擺擺蓮	31. Double Embracing Knee (Shuang Bao Xi) 雙抱膝	(Flying Swing Movement – Fei Bai Yun, From #19 Xiao Hong Quan Er Lu) 飛擺蓮						
101. Draw Bow And Shoot	93. Shoot Tiger With Bow	102. Draw The Bow Shoot The			50. Connect (Hook) Belly Ache						

Tiger 彎弓射虎	彎弓射虎	Tiger 彎弓射虎			(Gou Du Tong) 勾肚痛 (Wild Swan Gate Shoot Goose – Hong Men She Yan, From #20 In Xiao Hong Quan Er Lu) 鴻門射鴈						
102. High Pat The Horse 高探馬 103. Strike Face With Palm 撲面掌											Throwdown Palm - Shuai Zhang 摔掌 Pat Palm - Pai Zhang 拍掌
104. Turn Over Body - Throw Fist 翻身撇身捶		103. Step Forward, Deflect, Parry, And Punch 翻身撇身捶			51. Surging Hand, Restraining Body (Gun Shou Shu Shen) 滾手，束身			Both Hands Like Lotus Flowers (Shuan Shou Lien Hua) 雙手蓮花			Falling Step, Mending Hand Cloud Punch (Luo Bu, Bu Shou Yun Quan) 落步補手，鑽 拳雲拳
105. Step Forward And High Pat The Horse 上步高探馬											Forward Step Pat Palm - Shang Bu Pai Zhang 上步拍掌
106. Step Forward And Grasp The Bird's Tail 上步攬雀尾		104. Like Sealing As If Closing (Apparent Withdraw Then Push) 如封似閉 (進 按)			52. Forward Step Push Palm 上步推掌						
	96. Double Cannon Punch – Shuang Pao Chui 雙炮捶		81. Dang Tou Pao (Overhead Cannon) 当头炮	32a. Step Into Feet, Double Dashing Fists (Deng Zu, Shuang Bao Quan) 蹬足，雙冲拳	53. Half A Cloud Peak, Level Heart Cannon (Ban Ge Yun Ding, Ping Xin Pao)						Retreat Step, Ape Monkey Enters Cave – Tui Bu, Yuan Hou Ru Dong

					半個雲頂，平心炮						退步，猿猴入洞
107. Single Whip 單鞭	95. Strum Pip Pa 手揮琵琶	Cross Hands 十字手	82. Zuo Zhuan Shen Dao Zhui (Turn Left And Buddha's Warrior Attendant Pounds Mortar) 左转，金刚捣碓	32b. Tiger Claw Palms – Hu Zhua Zhang 虎爪掌							Rotate Exchange Intersecting Hands - Zhuan Huan Jiao Cha Shou 轉換交叉手
108. Closing Form 合太極	96. Closing Form 合太極	105. Closing Form 合太極	83. Closing Form 收式：Shou Shi	Closing Form 收式：Shou Shi	54. Closing Form 收式：Shou Shi	34. Chest Center Embrace Moon (Huai Zhang Bao Yan) 怀中抱月 35. Sit Mountain Push Out (Zuo Shan Tui Chou) 坐山推出 36. Take Back Embrace Moon (Sou Hai Bao You) 收回抱月					Closing Form 收式