

1. Beginning = chi i shih
2. Grasp Sparrow's tail, ward off thigh = Lan chi iao wei, tso p'eng
3. Single whip = tan pien
4. Lift hands = ti i shou
5. Right shoulder ring = yu k'so
6. White crane spread wings = pei hao liang chi i
7. Brush left knee and twist step = tso lou hsi yao pu
8. Play the guitar = shou hui pi - pi a
9. Brush left knee and twist step = tso lou hsi yao pu
10. Step forward, deflect downward, parity and punch = chi-pu, pan lan, chi ui
11. Withdraw and push = ju feng seu pi
12. Cross hands = shih-tzu shou
13. Embrocade thigh and return to mountain = peo hu kuei shan
14. Rollback = lu, press = chi, push = an
15. Slanted single whip = sher tan pien
16. Punch under elbow = chou ti k'an chi ui
17. Step back and repulse monkey = tao niien hou (x 3)
18. Diagonal flying = hsi eh fei shih
19. Wave hands in clouds = yin shou
20. Squatting single whip = tan pien hsi-a shih
21. Golden cock stands on one leg = right = chi-an chi tu-li, yu
22. Separate cock stands on one leg = left = tso fei chi-tao
23. Separate right foot = yu fei chi-tao
24. Separate left foot = tso fei chi-tao
25. Turn and strike with heel = chi-an shan tang chi-tao
26. Brush left knee and twist step = tso lou hsi yao pu
27. Brush right knee and twist step = tso lou hsi yao pu
28. Step forward and strike with fist = chi-pu-tsa chi ui
29. Grasp sparrows tail - roll back = Lan chi iao wei, lu
30. Single whip = tan pien
- 31a. Fair lady works at shuttles 1, = yu nu chi uan so, ie
- b. Fair lady works at shuttles 2, = yu nu chi uan so er
- c. Fair lady works at shuttles 3, = yu nu chi uan so san
- d. Fair lady works at shuttles 4, = yu nu chi uan so si
32. Left ward off = tso p'eng
33. Grasp sparrow's tail = Lan chi iao wei lu
34. Grasp sparrow's tail = Lan chi iao wei chi
35. Grasp sparrow's tail = Lan chi iao wei an
36. Squatting single whip (snake creeping down) = tan pien hsi-a shih
37. Step back and ride tiger = tu ui pu k'an hu
38. Turn body and sweep lotus with leg = chi-an shen pa'ilien
39. Bend bow and shoot tiger = wan kung she hu
40. Step forward, deflect downward, parity and punch = chi-pu, pan lan, chi ui
41. Withdraw and push = ju feng seu pi
42. Turn body and cross hands = chi-an shen shih-tzu shou
43. Conclude tail chi = ho tu ai-chi

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