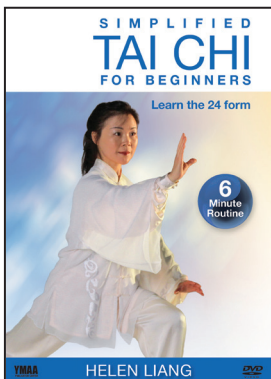
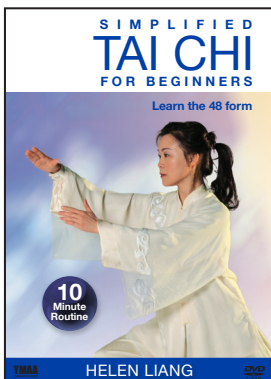


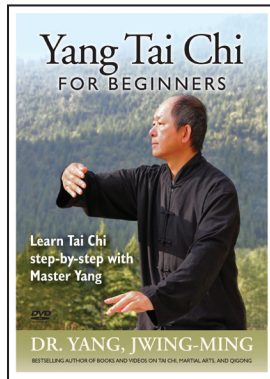
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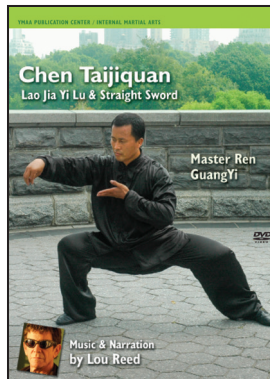
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Section 1

- 1. Commencing Form** (Qi Shi, 起勢)
- 2. Buddha's Warrior Attendant Pounds the Mortar**
(You Jin Gang Dao Dui, 右金剛搗碓)
- 3. Tuck in Robes** (Lan Zha Yi, 攬扎衣)
- 4. Six Seals & Four Closings**
(You Liu Feng Si Bi, 右六封四閉)
- 5. Left Single Whip**
(Zuo Dan Bian, 左單鞭)
- 6. Parry & Punch** (Ban Lan Chui, 搬攔捶)
- 7. Protect Heart with Fists**
(Hu Xin Chui, 護心捶)
- 8. White Crane Spreads Wings**
(Bai He Liang Chi, 白鶴亮翅)
- 9. Walk Obliquely & Twist Step**
(Xie Xing Ao Bu, 斜行拗步)
- 10. Lift & Withdraw**
(Ti Shou, 提收)
- 11. Wade Forward** (Qian Tang, 前蹚)
- 12. Hide Hand & Strike Fist**
(You Yan Shou Gong Chui, 右掩手肱捶)
- 13. Body Defending Punches**
(Pie Shen Chui, 披身捶)
- 14. Back Fold Strike**
(Bei Zhe Kao, 背折靠)
- 15. Black Dragon Comes Out of Sea**
(Qing Long Chu Shui, 青龍出水)

- 16. The Chopping Hand** (Zhan Shou, 斬手)
- 17. Turn Over Flower & Brandish Sleeves** (Fan Hua Wu Xiu, 翻花舞袖)
- 18. Overturn The Ocean Waves**
(Hai Di Fan Hua, 海底翻花)
- 19. Left Hide Hand & Strike Fist**
(Zuo Yan Shou Gong Chui, 左掩手肱捶)
- 20. Left Six Seals & Four Closings**
(Zuo Liu Feng Si Bi, 左六封四閉)
- 21. Right Single Whip**
(You Dan Bian, 右單鞭)

Section 2

- 22. Wave Hands Like Clouds, Right**
(Yun Shou (Right), 云手 (向右))
- 23. Wave Hands Like Clouds, Left**
(Yun Shou (Left), 云手 (向左))
- 24. Search High On The Horse**
(Gao Tan Ma, 高探馬)
- 25. Right Cannonballs In Series**
(You Lian Zhu Pao, 右連珠炮)
- 26. Left Cannonballs In Series**
(Zuo Lian Zhu Pao, 左連珠炮)
- 27. Deflect Through The Back**
(Shan Tong Bei, 閃通背)

Section 3

- 28. Strike Groin with Fist**
(Zhi Dang Chui, 指裆捶)
- 29. White Ape Presents Fruit**
(Bai Yuan Xian Guo, 白猿獻果)
- 30. Double Push Palms**
(Shuang Tui Sho, 雙推手)
- 31. Middle Winding** (Zhong Pan, 中盤)
- 32. Forward Trick** (Qian Zhao, 前招)
- 33. Backward Trick** (Hou Zhao, 后招)
- 34. Right Parting The Wild Horse's Mane** (You Ye Ma Fen Zong, 右野馬分鬃)
- 35. Left Parting The Wild Horse's Mane**
(Zuo Ye Ma Fen Zong, 左野馬分鬃)
- 36. Lotus Kick & Drop Into The Splits**
(Bai Lian Die Cha, 擺蓮跌叉)
- 37. Golden Rooster Stands On One Leg**
(Zuo You Jin Ji Du Li, 左右金雞獨立)

Section 4

- 38. Step Back & Whirl Arms On Both Sides** (Dao Juan Gong, 倒卷肱)
- 39. Step Back & Press Down the Elbow**
(Tui Bu Ya Zhou, 退步壓肘)
- 40. Slap Foot** (Cha Jiao, 擦腳)
- 41. Kick Out With The Edge Of Foot**
(Deng Yi Gen, 蹬一根)
- 42. Overturn The Ocean Waves**
(Hai Di Fan Hua, 海底翻花)

- 43. Pound Ground With Fist**
(Ji Di Chui, 擊地捶)
- 44. Turn Over Body & Double Jump Kick**
(Fan Shen Er Qi, 翻身二起)
- 45. Stamp Both Feet**
(Shuang Zhen Jiao, 雙震腳)
- 46. Heel Kick** (Deng Jiao, 蹬腳)
- 47. Jade Girl Working With Shuttles**
(Yu Nu Chuan Suo, 玉女穿梭)
- 48. Smooth Elbow** (Shun Luan Zhou, 順彎肘)
- 49. Wrapping Firecrackers**
(Guo Bian Pao, 裹鞭炮)
- 50. Dragon Dives To The Ground**
(Que Di Long, 雀地龍)
- 51. Step Forward With Seven Stars**
(Shang Bu Qi Xing, 上步七星)
- 52. Step Back & Ride The Tiger**
(Tui Bu Kua Hu, 退步跨虎)
- 53. Turn Body & Lotus Kick**
(Zhuan Shen Bai Lian, 轉身擺蓮)
- 54. Strike Head Like Cannons**
(Dang Tou Pao, 當頭炮)
- 55. Buddha's Warrior Attendant Pounds The Mortar**
(Zuo Jin Gang Dao Dui, 金剛搗碓)
- 56. Closing Form**
(Shou Shi, 收勢)