

**Part 1**

1. Preparing Form
2. Buddha's Warrior Attendant Pounds Mortar
3. Lazily Tying Coat
4. Six Sealing and Four Closing
5. Single Whip
6. Protecting the Heart
7. Walk Obliquely
8. Buddha's Warrior Attendant Pounds Mortar
9. Flinging Body
10. Punch to Crotch
11. Cutting Hands
12. Turn Flowers Out and Brandish Sleeves
13. Hidden Thrust Punch
14. Move and Hinder with Elbow
15. Big Cloud Hands and Small Cloud Hands
16. Jade Girl Works Shuttles
17. Ride Animal in the Reverse Direction
18. Hidden Thrust Punch

Part 2

19. Fire Crackers
20. Beast's Head Pose
21. Splitting Pose
22. Turn Flowers Out and Brandish Sleeves
23. Hidden Thrust Punch
24. Tame the Tiger
25. Rubbing Eyebrow Thrust
26. Yellow Dragon Stirs Water Three Times
27. Dash Leftward
28. Dash Rightward
29. Hidden Thrust Punch
30. Sweeping Leg
31. Hidden Thrust Punch

Part 3

32. Linking Cannons
33. Hidden Thrust Punch
34. Pound Crossed Wrists
35. Attack Twice with Left and Right Forearms
36. Turning Head Cannon
37. Tai Chi Cannons
38. Move and Hinder With Elbow
39. Smooth Elbow
40. Cannon Overhead
41. Go Straight into the Well
42. Buddha's Warrior Attendant Pounds Mortar
43. Closing Form