

Section One

1 起勢	qǐ shì	prepare
2 右棚	yòu péng	ward off right
3 左棚	zuǒ péng	ward off left
4 攔雀尾	lán què wěi	grasp bird's tail
5 單鞭	dān biān	single whip
6 提手	tí shǒu	raise hands
7 靠	kào	shoulder stroke
8 白鶴亮翅	báihè liàng chì	white crane spreads wings
9 摟膝拗步	lōu xī ào bù	brush knee & twist step (R)
10 手揮琵琶	shǒu huī pí pá	play the pipa
11 摟膝拗步	lōu xī ào bù	brush knee & twist step (R)
12 進步搬攔捶	jìnbù bān lán chuí	step up, block, parry, punch
13 如封似閉	rú fēng sì bì	seems to close
14 十字手	shí zì shǒu	cross hands

Section Two

1 抱虎歸山	bào hǔ guī shān	embrace tiger, return to mountain
2 攔雀尾	lán què wěi	grasp bird's tail
3 斜步單鞭	xié bù dān biān	diagonal single whip
4 仙人拂袖	xiān rén fú xiù	immortal sage waves sleeves
5 肘底捶	zhǒu dǐ chuí	fist guards elbow
6 倒攏猴 (三)	dào lǒng hóu	monkey backs off (L&R x3)
7 斜飛	xié fēi	slanting flying
8 雲手 (三)	yún shǒu	cloud hands (4)
9 橫截鞭	héng jié biān	transverse whip
10 單鞭	dān biān	single whip

Section Three

1 蛇身下	shé shēn xià	snake body down
2 金雞獨立 (勢)	jīn jī dú lì	golden cock stands on left leg
3 金雞獨立 (左)	jīn jī dú lì	golden cock stands on right leg
4 分腳 (右)	fēn jiǎo (yòu)	separate foot (R)
5 分腳 (左)	fēn jiǎo (zuǒ)	separate foot (L)
6 轉蹬腳	zhuǎn dèng jiǎo	turn & kick with heel
7 摟膝拗步	lōu xī ào bù	brush knee & twist step (L)
8 摟膝拗步	lōu xī ào bù	brush knee & twist step (R)
9 進步栽捶	jìnbù zāi chuí	step, bend, punch
10 攔雀尾	lán què wěi	grasp bird's tail
11 單鞭	dān biān	single whip

Section Four

1 玉女穿梭	yù nǚ chuān suō	jade lady works at shuttles
2 左棚	zuǒ péng	ward off left
3 攔雀尾	lán què wěi	grasp bird's tail
4 單鞭	dān biān	single whip

Section Five

1 蛇身下	shé shēn xià	snake body down
2 上步七星	shàng bù qī xīng	step up, seven stars
3 退步跨虎	tuì bù kuà hǔ	step back astride tiger
4 轉身擺蓮	zhuǎn shēn bǎi lián	turn & lotus sweep
5 彎弓射虎	wān gōng shè hǔ	bend bow, shoot tiger
6 進步搬攔捶	jìnbù bān lán chuí	step, block, parry, punch
7 如封似閉	rú fēng sì bì	seems to close
8 十字手	shí zì shǒu	cross hands
9 合太極	hé tài jí	conclusion of taiji