



1	Standing Meditation	>	Hwen Yuan Yuang
2	Start Tai Chi	>	Kai Tai Chi
3	Step up and hit the Ji	>	Shang Bu Da Ji
4	Holding right Pi Pa posture	>	Yo Pyi Par Shu
5	Grasp birds tail	>	Laan Chiueh Wei
6	Diagonal single whip	>	Sye Dan Bian
7	Left right block	>	Dzwo Yo Ban Lan
8	Raising hand step up posture	>	Ti Shou Shang Shu
9	White crane opens his wings	>	Bai Huh Lyang Chyh
10	Brush knee and opposite step	>	Loou Syi Au Bu
11	Holding left Pi Pa posture	>	Dzwo Pyi Par Shu
12	Step together and step up block	>	Bing Bu Jinn Bu Gan Lan Chewei
13	Hinged door block	>	Ru Fong Sye Bi
14	Cross hand	>	Shr Dz Shou
15	Diagonal brush knee and opposite step	>	Sye Loou Syi Au Bu
16	Turn torso embrace tiger back to mountain	>	Jwan Shen Bau Hu Gwei Shang
17	Grasp birds tail	>	Laan Chiueh Wei
18	Diagonal single whip	>	Sye Dan Bian
19	Turn torso lock fist at bottom of elbow	>	Jwan Shen Jou Di Chwei
20	Repulse monkey on opposite step	>	Au Bu Daw Nean Hou
21	Diagonal flying posture	>	Sye Fei Shu
22	Left right block	>	Dzwo Yo Ban Lan
23	Raising hand step up posture	>	Ti Shou Shang Shu
24	White crane opens his wings	>	Bai Huh Lyang Chyh
25	Brush knee opposite step	>	Loou Syi Au Bu
26	Needle in the bottom of the ocean	>	Hai Di Jen
27	Fan through the back	>	Shan Tung Bei
28	Turn around skip body fist	>	Fan Shen Pye Shen Chwei
29	Step back block	>	Twei Bu Lan Chwei
30	Moving step grasp birds tail	>	Hwo Bu Laan Chiueh Wei
31	Single whip	>	Dan Bian
32	Cloud hand	>	Yun Shou
33	Single whip	>	Dan Bian
34	Right get on the horse	>	Yo Gau Tan Ma
35	Right kick	>	Yo Fen Jyau
36	Left get on the horse	>	Dzwo Gau Tan Ma
37	Left kick	>	Dzwo Fen Jyau
38	Turn around heel kick	>	Jwan Shen Dong Jyau
39	Brush knee opposite step	>	Loou Syi Au Bu
40	Left knee low fist	>	Ti Twei Sya Tsai Chwei
41	Turn around skip body fist	>	Fan Shen Fye Shen Chwei
42	Step up right get on horse	>	Shang Bu Yo Gen Tan Ma
43	Right kick	>	Yo Fen Jyau
44	Step back hit the tiger, Right	>	Twei Bu Yo Da Hu Shu
45	Right straight fist	>	Yo Gwan Chuan
46	Step back hit the tiger, Left	>	Twei Bu Dzwo Da Hu Shu
47	Left straight fist	>	Dzwo Gwan Chuan
48	Right heel Kick	>	Yo Deng Jyau
49	Double knock the ears	>	Shwang Fong Gwan Er
50	Sit and twist posture	>	Dzwo Pan Shu
51	Side kick	>	Pi Shen Chuay Jyau
52	Turn around step kick	>	Jwan Shen Yo Jeai Jyau
53	Step together step up block fist	>	Bing Bu Jinn Bu Ban Lan Chewei
54	Hinged door block	>	Ru Fen Sye Bi
55	Cross hand	>	Shr Dz Shou
56	Diagonal brush knee opposite step	>	Sye Loou Syi Au Bu
57	Turn torso embrace tiger back to mountain	>	Jwan Shen Bau Hu Gwei Shang

58	Grasp birds tail	>	Laan Chiueh Wei
59	Diagonal single whip	>	Sye Dan Bian
60	Partition of wild horses mane	>	Ye Ma Fen Tsung
61	Fair lady weaving	>	Yu Nyu Chuan Sou
62	Half step up grasp birds tail	>	Dyan Bu Laan Chiueh Wei
63	Single whip	>	Dan Bian
64	Cloud hand	>	Yun Shou
65	Single whip	>	Dan Bian
66	Down posture	>	Sya Shu
67	Left golden rooster stands on one leg	>	Dzwo Jin Ji Dwu Li
68	Step down strike face palm	>	Lo Bu Dzwo Pi Myan Chang
69	Right golden rooster stands on one leg	>	Yo Jin Ji Dwu Li
70	Repulse monkey on same leg and hand	>	Shwun Bu Dan Nean Hou
71	Diagonal flying posture	>	Sye Fei Shu
72	Left right block	>	Dzwo Yo Ban Lan
73	Raising hand step up posture	>	Ti Shou Shang Shu
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74	White crane opens his wings	>	Bai Huh Lyang Chyh
75	Brush knee opposite step	>	Loou Syi Au Bu
76	Needle at the bottom of the ocean	>	Hai Di Jen
77	Fan through the back	>	Shan Tung Bei
78	Turn around skip body fist	>	Fan Shen Pye Shen Chwei
79	Advance block punch	>	Shang Bu Ban Lan Chwei
80	Advance grasp birds tail	>	Shang Bu Laan Chiueh Wei
81	Single whip	>	Dan Bian
82	Cloud hands	>	Yun Shou
83	Single whip	>	Dan Bian
84	Step up right get on horse	>	Tyi Twei Gau Tan Ma
85	Step down left strike face palm	>	Lo Bu Dzwo Pi Myan Chang
86	Turn around single crossing kick	>	Jwan Shen Dan Bai Jyau
87	Advance straight fist	>	Sang Bu Ji Tandg Chwei
88	Advance grasp birds tail	>	Shang Bu Laan Chiueh Wei
89	Single whip	>	Dan Bian
90	Down posture	>	Sya Shu
91	Advance seven stars	>	Shang Bu Chi Sying
92	Step back over the tiger	>	Twei Bu Kwa Hu
93	Turn left strike face	>	Jwan Shen Dzwo Pi Myan Chang
94	Double crossing kick	>	Swang Bai Jyau
95	Arch bow shoot the tiger	>	Wan Gung Shue hu
96	Round step block fist	>	Rau Bu Ban Lan Chwei
97	Hinged door block	>	Ru Fen Sye Bi
98	Cross hand	>	Shr Dz Shou
99	Closing Tai Chi	>	Hen Tai Chi
100	Gather energy	>	