

1. Commencement of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Single Whip
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Left Brush Knee
8. Strum the Pei Pa
9. Left Brush Knee and Twist Step
10. Right Brush Knee and Twist Step
11. Left Brush Knee
12. Strum the Pei Pa
13. Left Brush Knee and Twist Step
14. Chop with Fist
15. Step Up, Deflect, Parry and Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Diagonal Whip
20. Fist Under Elbow
21. Go Back to Ward Off Monkey (Right)
22. Go Back to Ward Off Monkey (Left)
23. Go Back to Ward Off Monkey (Right)
24. Slanting Flying
25. Step Up to Raise Hands
26. White Stork Spreads Wings
27. Brush Knee
28. Needle At Sea Bottom
29. Fan Penetrates Back
30. Turn and Chop with Fist
31. Step Up, Deflect, Parry and Punch
32. Step Up to Grasp Bird's Tail
33. Single Whip
34. Wave Hands Like Clouds (5)
35. Single Whip
36. Reach Up to Pat Horse
37. Separate Foot to Right (Separation Kicks)
38. Separate Foot to Left
39. Turn and Kick
40. Left Brush Knee and Twist Step
41. Right Brush Knee and Twist Step
42. Step Up and Punch (low)
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry and Punch
45. Kick with Right Foot
46. Strike Tiger at Left
47. Strike Tiger at Right
48. Kick with Right Foot
49. Strike Ears with Fists
50. Kick with Left Foot
51. Turn and Kick
52. Chop with Fist
53. Step Up, Deflect, Parry and Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Horizontal Whip
58. Parting Wild Horse's Mane (Right) (aka Partitions)
59. Parting Wild Horse's Mane (Left)
60. Parting Wild Horse's Mane (Right)
61. Parting Wild Horse's Mane (Left)
62. Parting Wild Horse's Mane (Right)
63. Left Grasp Bird's Tail
64. Grasp Bird's Tail
65. Single Whip
66. Fair Lady Works Shuttles (Left)
67. Fair Lady Works Shuttles (Right)
68. Fair Lady Works Shuttles (Left)
69. Fair Lady Works Shuttles (Right)
70. Left Grasp Bird's Tail
71. Grasp Bird's Tail
72. Single Whip
73. Wave Hands Like Clouds (7)
74. Single Whip
75. Creeping Low Like a Snake
76. Golden Cock Stands on Left Leg
77. Golden Cock Stands on Right Leg
78. Go Back to Ward Off Monkey (Right)
79. Go Back to Ward Off Monkey (Left then Right)
80. Slanting Flying
81. Step Up to Raise Hands
82. White Stork Spreads Wings
83. Brush Knee
84. Needle At Sea Bottom
85. Fan Penetrates Back
86. White Snake Turns and Puts Out Tongue
87. Chop with Fist, Step Up, Deflect, Parry and Punch
88. Step Up to Grasp Bird's Tail
89. Single Whip
90. Wave Hands Like Clouds (3)
91. Single Whip
92. Reach Up to Pat Horse
93. Cross Hands to Penetrate
94. Turn and Kick
95. Chop with Fist
96. Brush Knee and Punch
97. Step Up to Grasp Bird's Tail
98. Single Whip
99. Creeping Low Like a Snake
100. Step Up to Form Seven Stars
101. Retreat to Ride Tiger
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop with Fist
105. Step Up, Deflect Parry, and Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi