

Chen Yi Lu, xin jia, nieuwe vorm

1 Preparing	yù bèi shì	预备式
2 Buddha's Warrior Attendant Pounds Mortar	jīn gāng dǎo du	金刚捣碓
3 Lazy About Tying Coat	lǎn zhā yī	懒扎衣
4 Six Sealing And Four Closing	liù fēng sì bì	六封四闭
5 Single Whip	dān biān	单鞭
6 Buddha's Warrior Attendant Pounds Mortar	dì èr jīn gāng dǎo uì	第二金刚捣碓
7 The White Crane Spreads It's Wings	bái hè liàng chì	白鹤亮翅
8 Walk Obliquely And Twist Step on Both Sides	xié xíng ào bù	斜行拗步
9 The First Closing	chū shōu	初收
10 Wade Forward and Twist Step On Both Sides	qián táng ào bù	前螳拗步
11 Walk Obliquely And Twist Step On Both Sides	dì èr xié xíng ào bù	第二斜行拗步
12 The Second Closing	zài shōu	再收
13 Wade Forward And Twist Step On Both Sides	qián táng ào bù	前螳拗步
14 Cover Hands and Strike with Fist	yǎn shǒu hōng chuí	掩手肱捶
15 Third Buddha's Warr. Attend. Pounds Mortar	dì sān jīn gāng dǎo duì	第三金刚捣碓
16 Shield Body Punch	pī shēn chuí	披身捶
17 Fold and Lean with Back	bèi zhé kào	背折靠
18 The Blue Dragon Emerges from the Water	qīng lóng chū shuǐ	青龙出水
19 Push with Both Hands	shuāng tuī shǒu	双推手
20 Change Palms Three Times	sān huàn zhǎng	三换掌
21 The Punch Under Elbow	zhǒu dǐ chuí	肘底捶
22 Step Back And Whirl Arms On Both Sides	dǎo juàn hōng	倒卷肱
23 Step Back And Press Elbow	tuì bù yā zhǒu	退步压肘
24 Middle Winding	zhōng pán	中盘
25 The White Crane Spread Its Wings	bái hè liàng chì	白鹤亮翅
26 Walk Obliquely and Twist Step On Both Sides	xié xíng ào bù	斜行拗步
27 Flash Over The Back	shǎn tōng bèi	闪通背
28 Cover Hands and Strike with Arm	yǎn shǒu hōng chuí	掩手肱捶
29 Six Sealing And Four Closing	liù fēng sì bì	六封四闭
30 Single Whip	dān biān	单鞭
31 Wave Hands	yùn shǒu	运手
32 High Pat On the Horse	gāo tàn mǎ	高探马
33 Rub With Right Foot	yòu cā jiǎo	右擦脚
34 Rub With Left Foot	zuǒ cā jiǎo	左擦脚
35 Kick With Left Heel	dèng yī gēn	蹬一根
36 Wade Forward And Twist Step On Both Sides	qián táng ào bù	前螳拗步
37 The Punch of Hitting the Ground	jī dì chuí	击地捶
38 Turn Over Body And Double Raise Foot	fān shēn èr qǐ jiǎo	翻身二起脚
39 Beast's Head Posture	shòu tóu shì	兽头势
40 Tornado Foot	xuán fēng jiǎo	旋风脚
41 Kick With Right Heel	dèng yī gēn	蹬一根
42 The Fist of Covering Hand And Arm	yǎn shǒu hōng quán	掩手肱拳
43 Small Catching And Hitting	xiǎo qín dǎ	小擒打

44 Cover Head And Push Mountain	bào tóu tuī shān	抱头推山
45 Change Palms Three Times	sān huàn zhǎng	三换掌
46 Six Sealing And Four Closing	liù fēng sì bì	六封四闭
47 Single Whip	dān biān	单鞭
48 Forward Trick	qián zhāo	前招
49 Backward Trick	hòu zhāo	后招
50 Part The Wild Horse 's Mane on Both Sides	yě mǎ fēn zōng	野马分鬃
51 Six Sealing And Four Closing	liù fēng sì bì	六封四闭
52 Single Whip	dān biān	单鞭
53 Shake Both Feet	shuāng zhèn jiǎo	双震脚
54 The Jade Girl Works At Shuttles	yù nǚ:3 chuān suō	玉女穿梭
55 Lazy About Tying Coat	lǎn zhā yī	懒扎衣
56 Six Sealing And Four Closing	liù fēng sì bì	六封四闭
57 Single Whip	dān biān	单鞭
58 Wave Hand	yùn shǒu	运手
59 Shake Foot And Stretch Down	bǎi lián diē chā	摆莲跌叉
60 Stand On One Leg On Both Sides	zuǒ yòu jīn jī dú lì	左右锦鸡独立
61 Step Back And Whirl Arms On Both Sides	dǎo juàn hōng	倒卷肱
62 Step Back And Press Elbow	tuì bù yā zhǒu	退步压肘
63 Middle Winding	zhōng pán	中盘
64 The White Crane Spreads Its Wings	bái hè liàng chì	白鹤亮翅
65 Walk Obliquely And Twist Step on Both Sides	xié xíng ào bù	斜行拗步
66 Flash The Back	shǎn tōng bèi	闪通背
67 The Fist of Covering Hand And Arm	yǎn shǒu hōng quán	掩手肱拳
68 Six Sealing And Four Closing	liù fēng sì bì	六封四闭
69 Single Whip	dān biān	单鞭
70 Wave Hands	yùn shǒu	运手
71 High Pat on Horse	gāo tàn mǎ	高探马
72 Cross Waving Lotus	shí zì bǎi lián	十字摆莲
73 The Punch of Hitting Crotch	zhǐ dāng chuí	指裆捶
74 The White Ape Present Fruit	bái yuán xiàn guǒ	白猿献果
75 Six sealing and Four Closing	liù fēng sì bì	六封四闭
76 Single Whip	dān biān	单鞭
77 The Dragon On The Ground	què dì long	雀地龙
78 Step Forward With Seven Stars	shàng bù qī xīng 上	步七星
79 Step Back and Mount the Tiger	tuì bù kuà hǔ	退步跨虎
80 Turn Body And Double Wave Lotus	zhuǎn shēn bǎi lián	转身摆莲
81 The Cannon Right Overhead	dāng tóu pào	当头炮
82 Buddha's Warrior Attendant Pounds Mortar	jīn gāng dǎo duì	金刚捣碓
83 Closing	shōu shì	收势