

| — | Yù bèi; Yù bèi shì; Qǐ shì | Dìyī Duàn |
|---|--|------------|
| | Grasp sparrow's tail 1 | |
| | Left, ward-off 1 | |
| | [Roll head] | Zuǒ gōngbù |
| | Right, ward-off | |
| | [Roll head] | Yòu gōngbù |
| | Roll-back | |
| | Press | |
| | Push | |
| | [Double push] | Yòu gōngbù |
| | [Lift up] | |
| | Single whip | |
| | Lift hands up posture | |
| | Three pushes | |
| | White crane cools wings | |
| | [Roll head] | Zuǒ gōngbù |
| | Left, hug knee 1 | |
| | Hands hold pipa | |
| | Left, hug knee 2 | |
| | Right, hug knee 3 | |
| | [Cross arms] | Zuǒ gōngbù |
| | Left, hug knee 4 | |
| | [Cross arms] | Yòu gōngbù |
| | Hands hold pipa | |
| | Left, hug knee 5 | |
| | Deflect, parry, punch | |
| | [Roll down] | Zuǒ gōngbù |
| | Apparent close | |
| | [Double push] | Zuǒ gōngbù |
| | [Lift up] | |
| | Cross hands | |
| | | Wújíbù |

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the long march

GST/SW: 1
HN: 5
DPP: 1

| | | Dièr Duàn | |
|---|------------------------------------|-----------|-----------------|
| — | Embrace tiger, return to mountain | ↘ | Yòu gōngbù |
| | Grasp sparrow's tail ② | ↘ | |
| | Right, ward-off | ↘ | Yòu gōngbù |
| | [Roll head] | | |
| | Roll-back | ↘ | Yòu siliùbù |
| | Press | ↘ | Yòu gēnbù (45°) |
| | Push | ↘ | Yòu gōngbù |
| | [Double push] | | |
| | [Lift up] | | |
| | Single whip | ↖ | Zuǒ gōngbù |
| | Under elbow, look at punch | ↖ | Zuǒ zuòxūbù |
| | Right, retreat, drive out monkey | ↖ | Yòu xūbù |
| | Left, retreat, drive out monkey | ↖ | Zuǒ xūbù |
| | Right, retreat, drive out monkey | ↖ | Yòu xūbù |
| | Diagonal flying posture | ↗ | Yòu gōngbù |
| | [Horizontal roll hands] | | |
| | Lift hands up posture | ↗ | Zuǒ dúlibù |
| | Push, elbow strike, shoulder press | ↖ | Yòu cè gēnbù |
| | White crane cools wings | ↖ | Zuǒ gāoxubù |
| | [Roll head] | | |
| | Left, hug knee ⑥ | ↖ | Zuǒ gōngbù |
| | Sea bottom needle | ↖ | Zuǒ xūbù |
| | Fan goes through back | ↖ | Zuǒ gōngbù |
| | Turn body, throw body, chop | ↘ | Yòu gōngbù |
| | Deflect, parry, punch | → | Zuǒ gōngbù |
| | [Bottle Gourd] | | |
| | Grasp sparrow's tail ③ | → | |
| | Right, ward-off | → | Yòu gōngbù |
| | [Roll head] | | |
| | Roll-back | → | Yòu siliùbù |
| | Press | → | Yòu gēnbù (45°) |
| | Push | → | Yòu gōngbù |
| | [Double push] | | |
| | [Lift up] | | |
| | Single whip | ↖ | Yòu gōngbù |
| | Left, cloud hand | ↖ | Wújíbù |
| | [Side push] | ↖ | |
| | Right, cloud hand | ↖ | Mǎbù |
| | [Side push] | ↖ | |
| | Left, cloud hand | ↖ | Wújíbù |
| | [Side push] | ↖ | |
| | Right, cloud hand | ↖ | Mǎbù |
| | [Side push] | ↖ | |
| | Left, cloud hand | ↖ | Zuǒ cè gēnbù |
| | [Downward push] | ↖ | |
| | Short single whip | ↖ | Yòu gōngbù |

GST/SW: 2
HN: 1
DPP: 1

| | | Dìsān Duàn | | |
|---|--|-------------------|------------|------------------------------------|
| 7 | Right, high, touch horse | ↔ | Zuǒ xūbù | |
| | Right, <u>separate foot</u> | ↔ | Zuǒ dúlibù | |
| | [toe kick] | ↔ | | |
| 7 | Left, high, touch horse | ↔ | Yòu xūbù | |
| | Left, <u>separate foot</u> | ↔ | Yòu dúlibù | |
| | [toe kick] | ↔ | | |
| | Turn around, left, <u>push foot</u> | → | Yòu dúlibù | |
| | [heel kick] | → | | |
| 4 | Left, hug knee 7 | → | Zuǒ gōngbù | horse, punch, snake |
| 5 | Right, hug knee 8 | → | Yòu gōngbù | |
| | [Cross arms] | | | |
| | Forward step, plant punch | → | Zuǒ gōngbù | |
| | Turn around, white snake flicks tongue | ↔ | Yòu gōngbù | |
| | Deflect, parry, punch | ↔ | Zuǒ gōngbù | |
| | [Roll down] | | | |
| | Right, <u>separate foot</u> | ↔ | Zuǒ dúlibù | |
| | [toe kick] | ↔ | | |
| 7 | Left, beat tiger | ↔ | Zuǒ pūbù | tiger, wind, dragon |
| 7 | Right, beat tiger | ↗ | Yòu pūbù | |
| | Right, <u>kick foot</u> | ↔ | Zuǒ dúlibù | |
| | [snap toe kick] | ↔ | | |
| 5 | Double wind passes through ears | ↔ | Yòu gōngbù | |
| | Left, <u>separate foot</u> | ↔ | Yòu dúlibù | |
| | [toe kick] | ↔ | | |
| | Left, dragon walk | → | Zuǒ gōngbù | |
| | Right, dragon walk | → | Yòu gōngbù | |
| | Left, dragon walk | → | Zuǒ gōngbù | |
| | Turn around, right, <u>push foot</u> | ↔ | Zuǒ dúlibù | |
| | [heel kick] | ↔ | | |
| | Deflect, parry, punch | ↔ | Zuǒ dúlibù | |
| | [Roll down] | | | |
| | Apparent close | ↔ | Zuǒ gōngbù | |
| | [Double push] | | | |
| | [Lift up] | | | |
| | Cross hands | ↑ | Wújíbù | |

GST/SW: 0
HN: 2
DPP: 2

| 卅 | Dìsì Duàn | |
|---|-----------|-----------------|
| Embrace tiger, return to mountain | ↘ | Yòu gōngbù |
| Grasp sparrow's tail | ↘ | |
| Right, ward-off ④ | ↘ | Yòu gōngbù |
| [Roll head] | | |
| Roll-back | ↘ | Yòu siliùbù |
| Press | ↘ | Yòu gēnbù (45°) |
| Push | ↘ | Yòu gōngbù |
| [Double push] | | |
| [Separate down] | | |
| Diagonal single whip | ↗ | Zuǒ gōngbù |
| Right, wild horse parts mane | ↘ | Yòu gōngbù |
| [Roll head] | | |
| Left, wild horse parts mane | ↗ | Zuǒ gōngbù |
| [Roll head] | | |
| Right, wild horse parts mane | ↘ | Yòu gōngbù |
| [Roll head] | | |
| Grasp sparrow's tail ⑤ | ↗ | |
| Left, ward-off | ↗ | Zuǒ gōngbù |
| [Roll head] | | |
| Right, ward-off | ↗ | Yòu gōngbù |
| [Roll head] | | |
| Roll-back | ↗ | Yòu siliùbù |
| Press | ↗ | Yòu gēnbù (45°) |
| Push | ↗ | Yòu gōngbù |
| [Double push] | | |
| [Separate down] | | |
| Single whip | ← | Zuǒ gōngbù |
| Turn, Bagua step | ↗ | Yòu siliùbù |
| Left, jade woman weaves shuttle. | ↗ | Zuǒ gōngbù |
| Right, jade woman weaves shuttle. | ↖ | Yòu gōngbù |
| [Horizontal roll hands] | | |
| Left, jade woman weaves shuttle. | ↖ | Zuǒ gōngbù |
| [Step, roll head] | | |
| Right, jade woman weaves shuttle. | ↘ | Yòu gōngbù |
| [Horizontal roll hands] | | |
| Grasp sparrow's tail ⑥ | ↗ | |
| Left, ward-off | ↗ | Zuǒ gōngbù |
| [Roll head] | | |
| Right, ward-off | ↗ | Yòu gōngbù |
| [Roll head] | | |
| Roll-back | ↗ | Yòu siliùbù |
| Press | ↗ | Yòu gēnbù (45°) |
| Push | ↗ | Yòu gōngbù |
| [Double push] | | |
| [Separate down] | | |
| Single whip | ← | |
| Left, cloud hand | ↖ | Wújíbù |
| [Corner push] | | |
| Right, cloud hand | ↗ | Mǎbù |
| [Corner push] | | |
| Left, cloud hand | ↖ | Wújíbù |
| [Corner push] | | |
| Right, cloud hand | ↗ | Mǎbù |
| [Corner push] | | |
| Left, cloud hand | ↖ | Zuǒ cè gēnbù |
| [Downward push] | | |
| Short single whip | ← | Zuǒ gōngbù |

GST/SW: 3
HN: 0
DPP: 0

| 五 | Dìwǔ Duàn | |
|---|-----------|-----------------|
| Snake lowers body posture | ← | Zuǒ pūbù |
| Left, golden chicken stands on one leg | ← | Zuǒ dúlibù |
| Right, golden chicken stands on one leg | ← | Yòu dúlibù |
| Right, retreat, drive out monkey | ← | Yòu xūbù |
| Left, retreat, drive out monkey | ← | Zuǒ xūbù |
| Right, retreat, drive out monkey | ← | Yòu xūbù |
| Diagonal flying posture | ↗ | Yòu gōngbù |
| [Horizontal roll hands] | | |
| Lift hands up posture | ↗ | Zuǒ dúlibù |
| Shoulder press, elbow strike, push | ← | Yòu cè gēnbù |
| White crane cools wings | ← | Zuǒ gāoxubù |
| [Roll head] | | |
| Left, hug knee 9 | ← | Zuǒ gōngbù |
| Sea bottom needle | ← | Zuǒ xūbù |
| Fan goes through back | ← | Zuǒ gōngbù |
| Turn body, throw body, chop | ↘ | Yòu gōngbù |
| Deflect, parry, punch | ↗ | Zuǒ gōngbù |
| [Lotus] | | |
| Grasp sparrow's tail 7 | ↗ | |
| Right, ward-off | ↗ | Yòu gōngbù |
| [Roll head] | | |
| Roll-back | ↗ | Yòu siliùbù |
| Press | ↗ | Yòu gēnbù (45°) |
| Push | ↗ | Yòu gōngbù |
| [Double push] | | |
| [Separate down] | | |
| Single whip | ← | Zuǒ gōngbù |
| Left, cloud hand | ↑ | Wújǐbù |
| [Fire hand] | | |
| Right, cloud hand | ↑ | Mǎbù |
| [Fire hand] | | |
| Left, cloud hand | ↑ | Wújǐbù |
| [Fire hand] | | |
| Right, cloud hand | ↑ | Mǎbù |
| [Fire hand] | | |
| Left, cloud hand | ↑ | Zuǒ cè gēnbù |
| [Fire hand] | | |
| [Downward push] | | |
| Short single whip | ← | Zuǒ gōngbù |

GST/SW: 1
HN: 1
DPP: 1

| 六 | | | Dìliù Duàn |
|---|--|---|-----------------|
| | Right, high, touch horse | ← | Zuǒ xūbù |
| | Penetrate body, cross palms | ← | Zuǒ gōngbù |
| | Turn body, cross leg | → | Zuǒ dúlibù |
| | Left, hug knee 1 0 | → | Zuǒ gōngbù |
| | Right, hug knee 1 1 | → | Yòu gōngbù |
| | [Cross arms] | | |
| | Hug knee, point at crotch, punch [Peony] | → | Zuǒ gōngbù |
| | Grasp sparrow's tail 8 | → | |
| | Right, ward-off | → | Yòu gōngbù |
| | [Roll head] | | |
| | Roll-back | → | Yòu siliùbù |
| | Press | → | Yòu gēnbù (45°) |
| | Push | → | Yòu gōngbù |
| | [Double push] | | |
| | [Separate down] | | |
| | Single whip | ← | Zuǒ gōngbù |
| | Snake lowers body posture | ← | Zuǒ pūbù |
| | Step up, seven stars | ← | Yòu xūbù |
| | Retreat step, straddle tiger | ← | Zuǒ xūbù |
| | [Fire hand] | | |
| | Left, dragon walk | → | Zuǒ gōngbù |
| | Right, dragon walk | → | Yòu gōngbù |
| | Left, dragon walk | → | Zuǒ gōngbù |
| | Turn body, sweep lotus | ← | Zuǒ dúlibù |
| | Bend bow, shoot tiger | → | Yòu pūbù |
| | Deflect, parry, punch | ← | Zuǒ gōngbù |
| | [Roll down] | | |
| | Apparent close | ← | Zuǒ gōngbù |
| | [Double push] | | |
| | [Separate down] | | |
| | Cross hands | ↑ | Wújíbù |

Hé Tàijí
合太極

Bāzibù

GST/SW: 1(8)
HN: 2(11)
DPP: 1(6)