

Lìu hé bā fǎ quán



六合八法拳

Six harmonies

Eight methods fist



Preparation

Beginning

Dì yī duàn (section 1)

1. Stop cart ask road
2. Rein in horse cliff edge
3. Close gate push moon
4. Stir clouds see sun
5. Rein in horse cliff edge
6. Pluck star change big dipper
7. Wild geese & swan fly as pair

Dì èr duàn (section 2)

8. Close gate push moon
9. Lone goose leaves flock
10. Wild horse parts wind
11. River flow no end

Dì sān duàn (section 3)

12. Hidden tiger reads wind
 13. Feint east attack west
 14. Green dragon stretches claws
 15. Pill of immortality forms
- Thru 9 rotations
16. Stir clouds see sun

Dì sì duàn (section 4)

17. Push boat with current
18. Startled horse turns head
19. Flower in vase falls on inkstone
20. High mountain water runs down
21. Young lad delivers book

Dì wǔ duàn (section 5)

22. Woodcutter carries firewood
23. Celestial official points stars
24. Five clouds hold sun
25. Support heaven cover earth
26. Swallow takes water shortcut
27. Rising sun pierces ears

Dì liù duàn (section 6)

28. Check & push both hands
29. Fragrant wind sweeps leaves
30. Swallow's beak holds mud
31. Clever ape plucks fruit
32. Fierce tiger turns around

Dì qī duàn (section 7)

33. Spin around heaven earth
34. Wind sways lotus leaves
35. Hide hand vigorous fist
36. Lute screens face
37. Meteor chases moon
38. Swallow slantingly flies

Dì bā duàn (section 8)

39. Red pheonix rising sun
40. Overturn river stir up sea
41. Ride overturning dragon's back
42. Wildcat pounces on butterfly
43. Take out beam change post
44. Wind rolls up remaining cloud

Dì jiǔ duàn (section 9)

45. Hibernating dragon appears
46. Dark dragon waves tail
47. Divide equally autumn scenery
48. Ambling horse look at flowers
49. Chief star presents big dipper

Dì shì duàn (section 10)

50. Swallows pass thru clouds
51. Raise hands seven stars
52. Wild geese traverse obliquely
53. Yellow dragon turns body
54. Five sages early morning sky

Dì shí yī duàn (section 11)

55. Leaf bed hides lotus
56. Female phoenix unfolds wings
57. White stork pecks food
58. Moon hangs loose pine tree top
59. Topple take down ox tail
60. Child hugs zither
61. Rhinoceros looks at moon

Dì shí èr duàn (section 12)

62. Sparrow hawk passes thru forest
63. Red dragon disturbs water
64. wind moves floating duckweed
65. Steam rises kun lun mts.
66. Store breath open & close