

WÚDĀNG SHĀN YÍBĀI LÍNG BĀ TÀIJÌQUÁN

--- Preparation

SECTION 1 (19 postures)

- 1. Grasp the Sparrow's Tail
- Ward-off Left
- Ward-off Right
- Rollback (with Pull Down)
- Press
- Push
- 2. Single Whip
- 3. Lifting Hands
- 4. Three Pushes
- 5. White Crane Spreads Its Wings
- 6. Hug Knee Left
- 7. Play the Pí pá
- 8. Hug Knee Left
- 9. Hug Knee Right
- 10. Hug Knee Left
- 11. Play the Pí pá
- 12. Hug Knee Left
- 13. Deflect, Parry, and Punch
- 14. Close Up
- 15. Cross Hands

SECTION 2 (26 postures)

- 16. Embrace the Tiger, Return to the Mountain
- 17. Grasp the Sparrow's Tail
- 18. Diagonal (or Slanting) Single Whip
- 19. Fist under Elbow
- 20. Repulse Monkey Right
- 21. Repulse Monkey Left
- 22. Repulse Monkey Right
- 23. Diagonal Flying
- 24. Lifting Hands
- 25. Three Pushes
- 26. White Crane Spreads Its Wings
- 27. Hug Knee Left
- 28. Needle at the Sea Bottom
- 29. Fan through Back
- 30. Turn and Chop with Fist
- 31. Deflect, Parry, and Punch
- 32. Grasp the Sparrow's Tail
- 33. Single Whip
- 34. Cloud Hands
- 35. Modified Single Whip

SECTION 3 (21 postures)

- 36. High Pat on the Horse Right
- 37. Separate Kick Right
- 38. High Pat on the Horse Left
- 39. Separate Kick Left
- 40. Turn around and Kick with Left Sole
- 41. Hug Knee Left
- 42. Hug Knee Right
- 43. Punch to Groin
- 44. White Snake Turns and Spits Out Its Tongue
- 45. Deflect, Parry, and Punch
- 46. Separate Kick Right
- 47. Beat the Tiger Left
- 48. Beat the Tiger Right
- 49. Snap Kick Right
- 50. Two Peaks through the Ears (or Box Ears)
- 51. Separate Kick Left
- 52. Dragon Walks

- 53. Turn around and Kick with Right Sole
- 54. Deflect, Parry, and Punch
- 55. Close Up
- 56. Cross Hands

SECTION 4 (27 postures)

- 57. Embrace the Tiger, Return to the Mountain
- 58. Grasp the Sparrow's Tail
- 59. Diagonal (or Slanting) Single Whip
- 60. Parting the Wild Horse's Mane Right
- 61. Parting the Wild Horse's Mane Left
- 62. Parting the Wild Horse's Mane Right
- 63. Grasp Sparrow's Tail
- 64. Single Whip
- 65. Jade Girl Works the Shuttles I
- 66. Jade Girl Works the Shuttles II
- 67. Jade Girl Works the Shuttles III
- 68. Jade Girl Works the Shuttles IV
- 69. Grasp the Sparrow's Tail
- 70. Single Whip
- 71. Cloud Hands
- 72. Modified Single Whip

SECTION 5 (22 postures)

- 73. Snake Creeps Down
- 74. Golden Pheasant Stands on One Leg Right
- 75. Golden Pheasant Stands on One Leg Left
- 76. Repulse Monkey Right
- 77. Repulse Monkey Left
- 78. Repulse Monkey Right
- 79. Diagonal Flying
- 80. Lifting Hands
- 81. Three Pushes
- 82. White Crane Spreads Its Wings
- 83. Hug Knee Left
- 84. Needle at the Sea Bottom
- 85. Fan through Back
- 86. Turn and Chop with Fist
- 87. Deflect, Parry, and Punch
- 88. Grasp the Sparrow's Tail
- 89. Single Whip
- 90. Cloud Hands
- 91. Modified Single Whip

SECTION 6 (20 postures)

- 92. High Pat on the Horse Right
- 93. Crossing Palms (or Thrust Forward)
- 94. Crescent Kick
- 95. Hug Knee Left
- 96. Hug Knee Right
- 97. Punch to Groin
- 98. Grasp the Sparrow's Tail
- 99. Single Whip
- 100. Snake Creeps Down
- 101. Seven Stars
- 102. Retreat to Ride the Tiger
- 103. Dragon Walks
- 104. Sweep Lotus
- 105. Bend the Bow to Shoot the Tiger
- 106. Deflect, Parry, and Punch
- 107. Close Up
- 108. Cross Hands

--- Conclusion