

Lao da Jio CXW

1. Preparation Form
Tai Ji Qi Shi
2. Buddha's Warrior Attendant Pounds Mortar
Jin Gung Dao Zhui
3. Lazily Tying Coat
Lan Zha Yi
4. Six Sealing and Four Closing
Liu Feng Si Bi
5. Single Whip
Tan Pien
6. Buddha's Warrior Attendant Pounds Mortar
Jin Gung Dao Zhui
7. White Crane Spreads Wings
Bai He Liang Chi
8. Walking Obliquely
Xie Xing
9. Brushing Knees
Lou Qi
10. Stepping Three Steps
Shang San Bu
11. Walking Obliquely
Xie Xing
12. Brushing Knees
Lou Qi
13. Stepping Three Steps
Shang San Bu
14. Hidden Thrust Punch and Whirling Upper Arms
Yan Shou Hong Quan
15. Buddha's Warrior Attendant Pounds Mortar
Jin Gung Dao Zhui
16. Flinging Body
Pie Sen Quan
17. Green Dragon Comes Out of Water
Ting Lung Chu Shui
18. Double Pushing Hands
Shuang Tui Shou
19. Fist Under Elbow
Zhou Di Kan Quan
20. Whirling Upper Arms
Dao Juan Hong
21. White Crane Spreads Wings
Bai He Liang Chi
22. Walking Obliquely
Xie Xing
23. Flashing the Arm
Shan Tong Bei
24. Hidden Thrust Punch and Whirling Upper Arms

- Yan Shou Hong Quan
25. Six Sealing and Four Closing
Liu Feng Shi Bi
 26. Single Whip
Tan Pien
 27. Cloud Hands
Yun Shou
 28. High Pat on Horse
Gao Tan Ma
 29. Brushing the Right Foot
You Cha
 30. Brushing the Left Foot
Zuo Cha
 31. Kicking With the Left Heel and Following
Zuo Jiao Yi Deng
 32. Forward Twist Step
Qian Zang Ao Bu
 33. Punch the Ground
Zhi Di Chui
 34. Kicking with Two Heels
Ti Erh Qi
 35. Protecting the Heart
Hu Xing Quan
 36. Whirlwind Foot
Xuan Feng Jiao
 37. Kicking with the Right Heel and Following
You Yiao Yi Deng
 38. Hidden Thrust Punch and Whirling Upper Arms
Yan Shou Hong Quan
 39. Small Capturing
Shao Chin Na
 40. Embracing Head and Pushing Mountain
Bao Tou Tui Shan
 41. Six Sealing and Four Closing
Liu Feng Si Bi
 42. Single Whip
Tan Pien
 43. Forward Trick
Qian Zhao
 44. Backward Trick
Xou Zhao
 45. Parting the Wild Horse's Mane
Ye Ma Fen Zhong
 46. Six Sealing and Four Closing
Liu Feng Si Bi
 47. Single Whip
Tan Pien
 48. Jade Maid Works Shuttles
Yu Nu Chuan Shouo

49. Lazily Tying Coat
Lan Zha Yi
50. Six Sealing and Four Closing
Liu Feng Si Bi
51. Single Whip
Tan Pien
52. Cloud Hands
Yun Shou
53. Waving Double Lotus
Shuang Bai Lian
54. Shake Foot and Stretch Down
Die Jiao Da Cha
55. Golden Rooster Stands on One Leg
Jin Ji Du Li
56. Whirling Upper Arms
Dao Juan Hong
57. White Crane Spreads Wings
Bai He Liang Chi
58. Walking Obliquely
Xie Xing
59. Flashing the Arm
Shan Tong Bei
60. Hidden Thrust Punch and Whirling Upper Arm
Yan Shou Hong Quan
61. Six Sealing and Four Closing
Liu Feng Si Bi
62. Single Whip
Tan Pien
63. Cloud Hands
Yun Shou
64. High Pat on Horse
Gao Tan Ma
65. Crossed Feet
Shi Zhi Jiao
66. Punch the Groin
Zhi Dang Chui
67. Ape Touches Fruit
Yie Yuan Xian Guo
68. Six Sealing and Four Closing
Liu Feng Si Bi
69. Single Whip
Tan Pien
70. Tame the Tiger
Fu Hu
71. Stepping Forward to Form the Seven Star
Shang Bu Qi Xing
72. Stepping Back to Ride the Tiger
Xia Bu Kua Hu
73. Turn Back and Wave Double Lotus

Zhuan Shen Shuang Bai Lian

74. Head On Blow

Dang Tou Pao

75. Buddha's Warrior Attendant Pounds Mortar

Jing Gang Dao Zhui

76. Closing Form

Tai Ji Shou Si