

Action	Chinese Name	Translation
1	起势	The starting form
2	左右野马分鬃	Left-right parting the wild horse's mane
3	白鹤亮翅	White crane spread its wings
4	左右搂膝拗步	Left-right brush knee and twist step
5	手挥琵琶	Hand strums the lute
6	左右倒卷肱	Left-right step back and whirl arms on both sides
7	左揽雀尾	Left grasp the peacock's tail
8	右揽雀尾	Right grasp the peacock's tail
9	单鞭	Single whip
10	云手	Wave hands like clouds
11	单鞭	Single whip
12	高探马	Pat high on the horse
13	右蹬脚	Kick with right heel
14	双峰贯耳	Strike opponent's ears with both fists
15	转身左蹬脚	Turn body and kick with left heel
16	左下势独立	Left push down and stands on one leg
17	右下势独立	Right push down and stands on one leg
18	左右穿梭	Working at shuttle left-right
19	海底针	Needle at the bottom of the sea
20	闪通臂	Deflect with arm
21	转身搬拦捶	Turn body Parry and punch
22	如封似闭	Apparent close-up
23	十字手	Cross hands
24	收势	The closing form