

金剛八式 *Jīngāng Bāshì* 'Buddha's Warrior Eight Form'

1. 起勢 <i>Qǐshì</i> 'Opening move'
2. 黑虎出洞 <i>Hēihǔ chūdòng</i> 'Black tiger exits cave'
3. 馬形 <i>Mǎxíng</i> 'Horse form'
4. 撤步馬形 <i>Chèbù mǎxíng</i> 'Withdraw step horse form'
5. 進步崩拳 <i>Jìnbù bēngquán</i> 'Advancing step smashing fist'
6. 劈拳 <i>Pǐquán</i> 'Splitting fist'
7. 截手炮 <i>Jiéshǒupào</i> 'Cut hand pounding'
8. 橫拳 <i>Héngquán</i> 'Crossing fist'
9. 蹬腿崩拳 <i>Dèngtuǐ bēngquán</i> 'Heel kick smashing fist'
10. 順步崩拳 <i>Shùnbù bēngquán</i> 'Aligned stance smashing fist'
11. 撤步馬形 <i>Chèbù mǎxíng</i> 'Withdraw step horse form'
12. 進步崩拳 <i>Jìnbù bēngquán</i> 'Advance step smashing fist'
13. 白鶴亮翅 <i>Báihè liàngchì</i> 'White crane spreads wings'
14. 翻身炮拳 <i>Fānshēn pàoquán</i> 'Turn over pounding fist'
15. 進步鑽拳 <i>Jìnbù zuānquán</i> 'Advance step drilling fist'
16. 燕形拳 <i>Yàn xíngquán</i> 'Swallow form fist'
17. 掩手崩拳 <i>Yǎnshǒu bēngquán</i> 'Cover hand smashing fist'
18. 收勢 <i>Shōushì</i> 'Closing move'

八字功 *Bāzìgōng* 'Eight Word Skill'

1. 斬劈拳 <i>Zhǎn pīquán</i> 'Cut - Splitting fist'
2. 截鑽拳 <i>Jié zuānquán</i> 'Intercept - Drilling fist'
3. 裹橫拳 <i>Guǒ héngquán</i> 'Wrap - Crossing fist'
4. 跨崩拳 <i>Kuà bēngquán</i> 'Stride - Smashing fist'
5. 挑燕形 <i>Tiǎo yàn xíng</i> 'Raise - Swallow form'
6. 頂炮拳 <i>Dǐng pàoquán</i> 'Prop - Pounding fist'
7. 云鼉形 <i>Yún tuóxíng</i> 'Cloud - Crocodile form'
8. 領蛇形 <i>Lǐng shéxíng</i> 'Lead - Snake form'