

综合拳 Zōnghéquán 'Composite Routine Fist'

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| Section I | 1. 起势 Qǐshì 'Opening move' |
| | 2. 黑虎出洞 Hēihǔ chūdòng 'Black tiger exits cave' |
| | 3. 马形 Mǎxíng 'Horse form' |
| | 4. 退剪步横拳 Tuìjiǎnbù hengquan 'Retreating scissor step crossing fist' |
| | 5. 顺步崩拳 Shùnbù bēngquán 'Aligned stance smashing fist' |
| | 6. 震脚劈拳 Zhènjiǎo pīquán 'Shaking foot splitting fist' |
| | 7. 进步崩拳 Jìnbù bēngquán 'Advancing step smashing fist' |
| | 8. 顺步炮拳 Shùnbù pàoquán 'Aligned stance pounding fist' |
| | 9. 白鹤亮翅 Báihè liàngchì 'White crane spreads wings' |
| | 10. 炮拳 Pàoquán 'Pounding fist' |
| Section II | 11. 转身虎托 Zhuǎnshēn hǔtuō 'Turn around tiger upholding' |
| | 12. 横拳 Héngquán 'Crossing fist' |
| | 13. 蛇形 Shéxíng 'Snake form' |
| | 14. 鹩形 Táixíng 'Tai-bird form' |
| | 15. 龙形 Lóngxíng 'Dragon form' |
| | 16. 崩拳 Bēngquán 'Smashing fist' |
| | 17. 撤步顶肘 Chèbù dǐngzhǒu 'Withdraw step prop elbow' |
| | 18. 上步钻拳 Shàngbù zuànquán 'Forward step drilling fist' |
| | 19. 燕形拳 Yànxíngquán 'Swallow form fist' |
| | 20. 燕形 Yànxíng 'Swallow form' |
| Section III | 21. 鷓形 Yào xíng 'Sparrowhawk form' |
| | 22. 转身劈拳 Zhuǎnshēn pīquán 'Turn around splitting fist' |
| | 23. 猴形 Hóuxíng 'Monkey form' |
| | 24. 燕形 Yànxíng 'Swallow form' |
| | 25. 狸猫上树 Lí māo shàngshù 'Leopard cat climbs tree' |
| | 26. 进退步横拳 Jìntuìbù héngquán 'Advance and retreat crossing fist' |
| | 27. 白鹤亮翅 Báihè liàngchì 'White crane spreads its wings' |
| | 28. 炮拳 Pàoquán 'Pounding fist' |
| | 29. 撤步劈拳 Chèbù pīquán 'Withdraw step splitting fist' |
| Section IV | 30. 炮拳 Pàoquán 'Pounding fist' |
| | 31. 蛇形 Shéxíng 'Snake form' |
| | 32. 劈拳 Pīquán 'Splitting fist' |
| | 33. 老劈拳 Lǎopīquán 'Old splitting fist' |
| | 34. 截手炮 Jiéshǒupào 'Cut hand pounding' |
| | 35. 蛇形 Shéxíng 'Snake form' |
| | 36. 收势 Shōushì 'Closing move' |