

形意內功 *Xíngyì Nèigōng* 'Internal Exercises'

1. 混元一氣 <i>Hùnyuán yīqì</i> 'Mix original single qì'
2. 玉龍周身 <i>Yùlóng zhōushēn</i> 'Jade dragon around body'
3. 開合舒絡 <i>Kāihé shūluò</i> 'Open close stretch channels'
4. 朱雀玄武 <i>Zhūquè xuánwǔ</i> 'Vermillion bird dark warrior'
5. 陰陽開合 <i>Yīnyáng kāihé</i> 'Yin yang open close'
6. 虛足單舉 <i>Xūzú dānjǔ</i> 'Empty foot raise single'
7. 凝神顧踵 <i>Níngshén gùzhǒng</i> 'Concentrate spirit look at heel' 金雞食米 <i>Jīnjī shímǐ</i> 'Golden rooster eats rice'
8. 猿臂活血 <i>Yuánbì huóxuè</i> 'Ape arms invigorate blood'
9. 背后七點 <i>Bèihuò qīdiǎn</i> 'Behind back seven times'
10. 雙拳砸背 <i>Shuāngquán zábèi</i> 'Both fists pound back'
11. 旋腰固腎 <i>Xuányāo gùshèn</i> 'Rotate waist firm kidneys'
12. 左右調胯 <i>Zuǒyòu diàokuà</i> 'Left right transfer hips'
13. 扶膝調絡 <i>Fúxī diàoluò</i> 'Hands on knees move channels'
14. 健絡揉膝 <i>Jiànluò róuxī</i> 'Strengthen channels rub knees'
15. 擎天固本 <i>Qíngtiān gùběn</i> 'Hold up heaven firm root'
16. 鐵牛耕地 <i>Tiěniú gēngdì</i> 'Iron ox ploughs earth'