

杂势捶 *Záshìchuí* 'Mixed Force Beating'

Section	起势 <i>Qǐshì</i> 'Opening move'
I	1. 黑虎出洞 <i>Hēihǔ chūdòng</i> 'Black tiger exits cave'
	2. 白虎洗脸 <i>Báihǔ xǐliǎn</i> 'White tiger washes face'
	3. 退步鑽拳 <i>Tuìbù zuànquán</i> 'Retreating step drilling fist'
	4. 寸步崩拳 <i>Cùn bù bēngquán</i> 'Inch step smashing fist'
	5. 白鹤亮翅 <i>Báihè liàngchì</i> 'White crane spreads its wings'
	6. 进步炮拳 <i>Jìnbù pàoquán</i> 'Advancing step pounding fist'
	7. 截手炮 <i>Jiéshǒupào</i> 'Cut hands pounding'
	8. 白虎洗脸 <i>Báihǔ xǐliǎn</i> 'White tiger washes face'
	9. 退步鑽拳 <i>Tuìbù zuànquán</i> 'Retreating step drilling fist'
	10. 掩手仆步 <i>Yǎnshǒu pūbù</i> 'Cover hand drop stance'
Section	11. 黑虎出洞 <i>Hēihǔ chūdòng</i> 'Black tiger exits cave'
II	12. 半馬形 <i>Bànmǎxíng</i> 'Half horse form'
	13. 撤步橫掌 <i>Cùn bù bēngquán</i> 'Withdraw step crossing fist'
	14. 进步崩拳 <i>Jìnbù bēngquán</i> 'Advancing step smashing fist'
	15. 白鹤亮翅 <i>Báihè liàngchì</i> 'White crane spreads its wings'
	16. 进步炮拳 <i>Jìnbù pàoquán</i> 'Advancing step pounding fist'
	17. 截手炮 <i>Jiéshǒupào</i> 'Cut hands pounding'
	18. 白虎洗脸 <i>Báihǔ xǐliǎn</i> 'White tiger washes face'
	19. 退步鑽拳 <i>Tuìbù zuànquán</i> 'Retreating step drilling fist'
Section	20. 三龍虎形 <i>Sānlóng hǔxíng</i> 'Three dragon tiger form'
III	21. 燕形掌 <i>Yānxíngquán</i> 'Swallow form fist'
	22. 三盤落地 <i>Sānpán luòdì</i> 'Three plates down to earth'
	23. 蓋步崩拳 <i>Gàibù bēngquán</i> 'Cover step smashing fist'
	24. 龍虎相交 <i>Lónghǔ xiāngjiāo</i> 'Dragon tiger meet one another'
	25. 白鹤亮翅 <i>Báihè liàngchì</i> 'White crane spreads its wings'
	26. 进步炮拳 <i>Jìnbù pàoquán</i> 'Advancing step pounding fist'
	27. 截手炮 <i>Jiéshǒupào</i> 'Cut hands pounding'
	28. 白虎洗脸 <i>Báihǔ xǐliǎn</i> 'White tiger washes face'
	29. 退步鑽拳 <i>Tuìbù zuànquán</i> 'Retreating step drilling fist'
Section	30. 寸步崩拳 <i>Cùn bù bēngquán</i> 'Inch step smashing fist'
IV	31. 風擺荷葉 <i>Fēngbǎi héyè</i> 'Wind sways lotus leaves'
	32. 进步劈拳 <i>Jìnbù pīquán</i> 'Advancing step splitting fist'
	33. 三盤落地 <i>Sānpán luòdì</i> 'Three plates down to earth'
	34. 蓋步崩拳 <i>Gàibù bēngquán</i> 'Cover step smashing fist'
	35. 撩掌穿掌 <i>Liāozhǎng chuānzhǎng</i> 'Uppercut palm pierce palm'
	36. 撩掌崩拳 <i>Liāozhǎng bēngquán</i> 'Uppercut palm smashing fist'
	收势 <i>Shōushì</i> 'Closing move'