

安身炮 Ānshēnpào 'Stable Body Cannons'

Section I		起勢 Qǐshì 'Opening move'	
Section I	1	進步崩拳 Jìnbù bēngquán 'Advance step smashing fist'	退步崩拳 Tuìbù bēngquán 'Retreating step smashing fist'
	2	退步劈拳 Tuìbù pīquán 'Retreating step splitting fist'	順步炮拳 Shùnbù pàoque 'Aligned stance pounding fist'
	3	換步劈拳 Huànbù pīquán 'Change-over step splitting fist'	換步劈拳 Huànbù pīquán 'Change-over step splitting fist'
	4	左雙截拳 Zuǒ shuāngjiéquán 'Left double cutting fist'	左劈拳 Zuǒpīquán 'Left splitting fist'
	5	截拳崩拳 Jiéquán bēngquán 'Cutting fist smashing fist'	退步崩拳 Tuìbù bēngquán 'Retreating step smashing fist'
	6	進步劈拳 Jìnbù pīquán 'Advance step splitting fist'	退步鑽拳 Tuìbù zuànquán 'Retreating step drilling fist'
Section II	7	進步炮拳 Jìnbù pàoque 'Advancing step pounding fist'	退步按掌 Tuìbù ànzhǎng 'Retreating step press palm'
	8	進步貫拳 Jìnbù guànquán 'Advancing step pass-through fist'	退步鑽拳 Tuìbù zuànquán 'Retreating step drilling fist'
	9	進步劈拳 Jìnbù pīquán 'Advance step splitting fist'	進步背拳 Jìnbù bèiquán 'Advancing step back fist'
	10	退步劈拳 Tuìbù pīquán 'Retreating step splitting fist'	勾手面掌 Gōushǒu miànzhǎng 'Hook hand face palm'
	11	進步蛇形 Jìnbù shéxíng 'Advancing step snake form'	退步劈拳 Tuìbù pīquán 'Retreating step splitting fist'
	12	左鷹熊形 Zuǒ yīngxióngxíng 'Left eagle bear form'	右鑽拳 Yòuzuànquán 'Right drilling fist'
	13	右劈拳 Yòupīquán 'Right splitting fist'	馬步崩拳 Mǎbù bēngquán 'Horse stance smashing fist'
Section III	14	進步劈拳 Jìnbù pīquán 'Advance step splitting fist'	退步鑽拳 Tuìbù zuànquán 'Retreating step drilling fist'
	15	挾臂切掌 Xiébrì qiēzhǎng 'Under arm cut palm'	左雙截拳 Zuǒ shuāngjiéquán 'Left double cutting fist'
	16	左劈拳 Zuǒpīquán 'Left splitting fist'	雙截崩拳 Shuāngjié bēngquán 'Double cutting smashing fist'
	17	進步踩腳 Jìnbù cǎijiǎo 'Advancing step tramping foot'	退步截擊 Tuìbù jiéjī 'Retreating step intercept'
	18	左劈拳 Zuǒpīquán 'Right splitting fist'	左抓肩 Zuǒzhuājiān 'Left grab shoulder'
	19	摘肩劈拳 Zhāijiānpīquán 'Take off shoulder splitting fist'	右劈拳 Yòupīquán 'Right splitting fist'
	20	左雙截拳 Zuǒ shuāngjiéquán 'Left double cutting fist'	左劈拳 Zuǒpīquán 'Left splitting fist'
	21	進步崩拳 Jìnbù bēngquán 'Advance step smashing fist'	退步崩拳 Tuìbù bēngquán 'Retreating step smashing fist'
		收勢 Shōushì 'Closing move'	