

形意鞭杆 Xíngyì Biāngān 'Whip-staff'

Section I	1. 起勢 Qǐshì 'Opening Move'
	2. 提踐撤鞭 Tíjiàn chèbiān 'Lift step withdraw whip'
	3. 金雞獨立劈鞭 Jīnjīdúlì pībiān 'Golden rooster stands on one leg split whip'
	4. 橫掃鞭 Héngsǎobiān 'Cross sweep whip'
	5. 金雞獨立背鞭 Jīnjīdúlì bèibiān 'Golden rooster stand on one leg back whip'
	6. 挑點鞭 Tiāodiǎnbiān 'Raise point whip'
	7. 插步掄劈鞭 Chābù lūnpībiān 'Cross step swing split whip'
	8. 后劈前戳鞭 Hòupī qiánchuōbiān 'Back split forward poke whip'
	9. 左攔腰鞭 Zuǒ lányāobiān 'Left block waist whip'
	10. 右攔腰鞭 Yòu lányāobiān 'Right block waist whip'
	11. 烏龍絞柱鞭 Wūlóng jiǎozhùbiān 'Black dragon wind post whip'
	12. 橫掃四方鞭 Héngsǎo sìfāngbiān 'Cross sweep four quarters whip'
	13. 左右捺鞭 Zuǒyòu nàbiān 'Left right stroke whip'
	14. 烏龍擺尾鞭 Wūlóng bǎiwěibiān 'Black dragon swings tail whip'
Section II	15. 右棚鞭 Yòu péngbiān 'Right ward-off whip'
	16. 左棚鞭 Zuǒ péngbiān 'Left ward-off whip'
	17. 烏龍絞柱鞭 Wūlóng jiǎozhùbiān 'Black dragon wind post whip'
	18. 左炮鞭 Zuǒ pàobiān 'Left pounding whip'
	19. 右炮鞭 Yòu pàobiān 'Right pounding whip'
	20. 左背花鞭 Zuǒ bèihuābiān 'Left back flower whip'
	21. 右背花鞭 Yòu bèihuābiān 'Right back flower whip'
	22. 進步挑點鞭 Jìnbù tiāodiǎnbiān 'Advance step raise point whip'
Section III	23. 左后轉輪步反蓋鞭 Zuǒhòu zhuànlúnbù fǎngàibiān 'Left back turn around stance turn-over cover whip'
	24. 右花撥鞭 Yòuhuā bōbiān 'Right side flower whip'
	25. 左花撥鞭 Zuǒhuā bōbiān 'Left side flower whip'
	26. 墊步挑扎鞭 Diàn bù tiāozhābiān 'Advance step raise and thrust whip'
	27. 右反背鞭 Yòufǎn bèibiān 'Right turn-over back whip'
	28. 左反背鞭 Zuǒfǎn bèibiān 'Left turn-over back whip'
	29. 左右押鞭 Zuǒyòu yābiān 'Left right press whip'
Section IV	30. 右反蓋鞭 Yòufǎn gàibiān 'Right turn-over cover whip'
	31. 左反蓋鞭 Zuǒfǎn gàibiān 'Left turn-over cover whip'
	32. 左片馬鞭 Zuǒ piàn mǎbiān 'Left slice horse whip'
	33. 右片馬鞭 Yòu piàn mǎbiān 'Right slice horse whip'
	34. 左攔馬鞭 Zuǒ lán mǎbiān 'Left block horse whip'
	35. 右攔馬鞭 Yòu lán mǎbiān 'Right block horse whip'
	36. 撤步提點鞭 Chèbù tídiǎnbiān 'Withdraw step lift point whip'
	37. 前后押點戳鞭 Qiánhòu yādiǎn chuōbiān 'Front back press point poke whip'
	38. 左反蓋鞭 Zuǒfǎn gàibiān 'Left turn-over cover whip'
	39. 左地盤鞭 Zuǒ dipánbiān 'Left ground wind whip'
	40. 左后轉纏絞扎鞭 Zuǒhòu zhuànchán jiǎozhā biān 'Left rear turn twine twist thrust whip'
	41. 金雞獨立劈鞭 Jīnjīdúlì pībiān 'Golden rooster stands on one leg split whip'
	42. 橫掃鞭 Héngsǎobiān 'Cross sweep whip'
	43. 回身扎鞭 Huíshēn zhābiān 'Return body thrust whip'
	44. 退步提踐撤鞭 Tuìbù tíjiàn chèbiān 'Retreating step lift tread withdraw whip'
	45. 收勢 Shōushì 'Closing move'