

精簡三十六式 *Jīngjiǎn Sānshíliù shì* 'Simplified 36 Form'

Section I	1. 起式 <i>Qǐshì</i> 'Opening form'
	2. 金剛搗碓 <i>Jīngāng dǎodui</i> 'Buddha's warrior pounds mortar'
	3. 懶扎衣 <i>Lǎnzhāyī</i> 'Lazily tying a coat'
	4. 白鶴亮翅 <i>Báihè liàngchì</i> 'White crane spreads wings'
	5. 斜行拗步 <i>Xiéxíng ǎobù</i> 'Obliquely travel with twist step'
	6. 提收 <i>Tíshōu</i> 'Lifting and closing'
	7. 前趟拗步 <i>Qiántàng ǎobù</i> 'Forward wade twist step'
	8. 掩手肱捶 <i>Yǎnshǒu gōngchuí</i> 'Cover hand arm strike'
	9. 雙推手 <i>Shuāng tuīshǒu</i> 'Double push hands'
	10. 肘底捶 <i>Zhǒudǐchuí</i> 'Elbow under fist'
Section II	11. 倒卷肱 <i>Dàojuǎngōng</i> 'Roll back arms'
	12. 退步壓肘 <i>Tuìbù yāzhǒu</i> 'Retreating step press elbow'
	13. 野馬分鬃 <i>Yěmǎ fēnzōng</i> 'Wild horse parts mane'
	14. 金雞獨立 <i>Jīnjī dúlì</i> 'Golden rooster stands on one leg'
	15. 六封四閉 <i>Liùfēngsìbì</i> 'Six sealing four closing'
	16. 左單鞭 <i>Zuǒ dānbiān</i> 'Left single whip'
Section III	17. 云手 <i>Yúnshǒu</i> 'Cloud hands'
	18. 高探馬 <i>Gāotàn mǎ</i> 'High pat horse'
	19. 右左擦腳 <i>Yòuzuǒ cājiǎo</i> 'Right left rub foot'
	20. 蹬一根 <i>Dèngyīgēn</i> 'Stamp with one foot'
	21. 披身捶 <i>Pīshēnchuí</i> 'Drape body strike'
	22. 背折靠 <i>Bèizhékào</i> 'Back bend lean'
	23. 青龍出水 <i>Qīnglóng chūshuǐ</i> 'Green dragon emerges from water'
	24. 白猿獻果 <i>Báiyuán xiànguǒ</i> 'White ape offers fruit'
	25. 六封四閉 <i>Liùfēngsìbì</i> 'Six sealing four closing'
	26. 右單鞭 <i>Yòu dānbiān</i> 'Right single whip'
Section IV	27. 雙雷腳 <i>Shuāngléijiǎo</i> 'Double thunder feet'
	28. 玉女穿梭 <i>Yùnnǚ chuānsuō</i> 'Jade lady pierces shuttle'
	29. 獸頭勢 <i>Shòutóushì</i> 'Beast's head posture'
	30. 雀地龍 <i>Quèdìlóng</i> 'Dragon dive ground'
	31. 上步七星 <i>Shàngbù qīxīng</i> 'Forward step seven stars'
	32. 退步跨虎 <i>Tuìbù kuàhǔ</i> 'Retreat step ride tiger'
	33. 轉身擺蓮 <i>Zhuǎnshēn bǎilián</i> 'Turn body sway lotus'
	34. 當頭炮 <i>Dāngtóupào</i> 'Right overhead cannon'
	35. 金剛搗碓 <i>Jīngāng dǎodui</i> 'Buddha's warrior pounds mortar'
	36. 收式 <i>Shōushì</i> 'Closing form'