

I deo

1. Commencement Of Taijiquan
2. Ward-Off Left
3. Ward Off Right
4. Roll Back
5. Press
6. Push
7. Single Whip
8. Lift Hands and Bump
9. White Crane Fans Its Wings
10. Brush Left Knee And Twist Step
11. Playing The Lute
12. Brush Left Knee And Twist Step
13. Brush Right Knee And Twist Step
14. Brush Left Knee And Twist Step
15. Playing The Lute
16. Brush Left Knee And Twist Step
17. Deflect Downward, Parry, And Punch
18. As If To Close Door

II deo

19. Embrace Tiger
20. Return To Mountain
21. Diagonal Grasp Sparrow's Tail
22. Diagonal Single Whip
23. Punch Under Elbow
24. Step Back To Repulse Monkey Right
25. Step Back To Repulse Monkey Left
26. Step Back To Repulse Monkey Right
27. Step Back To Repulse Monkey Left
28. Step Back To Repulse Monkey Right
29. Diagonal Flying Posture
30. Lift Hands and Bump
31. White Crane Fans Its Wings
32. Brush Left Knee And Twist Step
33. Retrieve Needle From Sea Bottom
34. Fanning Through The Back
35. Turn Around And Chop With Fist
36. Pull Downward, Parry, And Punch
37. Step Up To Grasp Sparrow's Tail
38. Single Whip
39. Wave Hands Like Clouds (Three Times)
40. Single Whip
41. High Pat On Horse
42. Separation of Right Foot
43. Separation of Left Foot
44. Turn Around And Kick With Left Sole
45. Brush Left Knee And Twist Step
46. Brush Right Knee And Twist Step
47. Brush Knee And Punch Downward
48. Turn Around And Chop With Fist
49. Pull Downward, Parry, And Punch
50. Kick With Right Sole
51. Hit The Tiger On Left
52. Hit The Tiger On Right
53. Kick With Right Sole
54. Double Winds Pierce Ears
55. Kick With Left Sole
56. Turn Around And Kick With Right Sole
57. Deflect Downward, Parry, And Punch
58. As If To Close Door

III deo

59. Embrace Tiger
60. Return To Mountain
61. Diagonal Grasp The Sparrow's Tail
62. Diagonal Single Whip
63. Part The Wild Horse's Mane (Right)
64. Part The Wild Horse's Mane (Left)
65. Part The Wild Horse's Mane (Right)
66. Grasp The Sparrow's Tail
67. Single Whip
68. Fair Lady Works At The Shuttles Right
69. Fair Lady Works At The Shuttles Left
70. Fair Lady Works At The Shuttles Right
71. Fair Lady Works At The Shuttles Left
72. Grasp The Sparrow's Tail
73. Single Whip
74. Wave Hands Like Clouds (Three Times)
75. Single Whip
76. Snake Creeps In The Grass
77. Golden Rooster Stands On One Leg (Left)
78. Golden Rooster Stands On One Leg (Right)
79. Step Back And Repulse Monkey (Right)
80. Step Back And Repulse Monkey (Left)
81. Step Back And Repulse Monkey (Right)
82. Diagonal Flying Posture
83. Lift Hands And Bump
84. White Crane Fans Its Wings
85. Brush Left Knee And Twist Step
86. Retrieve Needle From Sea Bottom
87. Fanning Through The Back
88. White Snake Turns And Sticks Out Tongue
89. Deflect Downward, Parry, And Punch
90. Step Up To Grasp Sparrow's Tail
91. Single Whip
92. Wave Hands Like Clouds (Three Times)
93. Single Whip
94. High Pat On Horse
95. Strike While Crossing Palms
96. Turn Around And Kick With Right Sole
97. Punch Upward Into Opponent's Groin
98. Step Up To Grasp Sparrow's Tail
99. Single Whip
100. Snake Creeps In The Grass
101. Step Up To Seven Stars Of The Dipper
102. Step Back To Ride The Tiger
103. Turn Around To Sweep Lotus With One Leg
104. Draw Bow to Shoot The Tiger
105. Deflect Downward, Parry, And Punch
106. As If To Close Door
107. Crossing Hands
108. Conclusion of Taijiquan