

Laojia Yilu / Old Method First Form

First Section

1. Preparing Form (Yu Bei Shi)
2. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Zhui)
3. Lazily Tying Coat (Lan Zha Yi)
4. Six Sealing and Four Closing (Liu Feng Si Bi)
5. Single Whip (Dan Bian)
6. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Zhui)
7. White Crane Spreads Wings (Bai He Liang Chi)
8. Walking Obliquely (Xie Xing)
9. Brushing Knees (Lou Xi)
10. Stepping Lightly (Ao Bu)
11. Walking Obliquely (Xie Xing)
12. Brushing Knees (Lou Xi)
13. Stepping Lightly (Ao Bu)
14. Hidden Thrust Punch and Whirling Upper Arms (Yan Shou Hong Quan)
15. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Zhui)
16. Flinging Body (Pie Shen Quan)
17. Green Dragon Comes Out of Water (Qing Long Chu Shui)
18. Double Pushing Hands (Shuang Tui Shou)
19. Fist Under Elbow (Zhou Di Kan Quan)

Second Section

20. Whirling Upper Arms (Dao Juan Hong)
21. White Crane Spreads Wings (Bai He Liang Chi)
22. Walking Obliquely (Xie Xing)
23. Flashing the Arm (Shan Tong Bei)
24. Hidden Thrust Punch and Whirling Upper Arms (Yan Shou Hong Quan)
25. Six Sealing and Four Closing (Liu Feng Si Bi)
26. Single Whip (Dan Bian)
27. Cloud Hands (Yun Shou)
28. High Pat on Horse (Gao Tan Ma)

Third Section

29. Brushing the Right Foot (You Cha Jiao)
30. Brushing the Left Foot (Zuo Cha Jiao)
31. Kicking With the Left Heel and Following (Zuo Deng Yi Gen)
32. Forward Twist Step (Qian Tang Ao Bu)
33. Punch the Ground (Ji Di Chui)
34. Kicking with Two Heels (Ti Erh Qi)
35. Protecting the Heart (Hu Xin Quan)
36. Whirlwind Foot (Xuan Feng Jiao)
37. Kicking with the Right Heel and Following (You Deng Yi Gen)
38. Hidden Thrust Punch and Whirling Upper Arms (Yan Shou Hong Quan)
39. Small Capturing (Xiao Qin Da)