

	Sections	Step	Name of Movements	Codes				Notes
	Commencing Movements	起势一	预备式 – Yù Bèi Shì					
			Ready position					
		起势二	并步按掌 – Bìng Bù Àn Zhǎng					
			Feet together and pressing palms					
	Section 1	1	并步撩掌 – Bìng Bù Liāo Zhǎng					
			Feet together and uppercut palms					
		2	歇步挑掌 – Xiē Bù Tiǎo Zhǎng	54	2			
			Resting stance and rising palm					
		3	上步拍脚 – Shàng Bù Pāi Jiǎo	25				Running slap kick
			Step forward and slap kick					
		4	弓步推掌 – Gōng Bù Tuī Zhǎng	50	2			
			Bow stance push palm					
		5	弓步刁手 – Gōng Bù Diāo Shǒu	50				
			Bow stance grabbing hand					
		6	弹踢推掌 – Tán Tī Tuī Zhǎng	23	2			
			Snap kick push palm					
		7	左弓步冲拳 – Zuǒ Gōng Bù Chōng Quán	50	1			Two punches
			Left bow stance and straight punches					
		8	并步砸拳 – Bìng Bù Zá Quán					
			Feet together hammer fist					
		9	上步拍脚 – Shàng Bù Pāi Jiǎo	25				Running slap kick
			Step forward and slap kick					
		10	提膝冲拳 – Tí Xī Chōng Quán	26	1			
			Raised knee punch and straight punch					
		11	腾空转身摆莲 – Téng Kōng Zhuǎn Shēn Bǎi Lián	30				
			Jump and turn body lotus kick					
		12	上步弹踢 – Shàng Bù Tán Tī	23	1			
			Step forward snap kick					
		13	侧身平衡 – Cè Shēn Píng Héng	15	77	2		Also known as: Exploring the Ocean Balance (探海平衡; Tàn Hǎi Píng Héng)
			Sideways leaning balance					
		14	并步砸拳 – Bìng Bù Zá Quán					
			Feet together hammer fist					
		15	马步冲拳 – Mǎ Bù Chōng Quán	51	1			Punches opposite sides
			Horse stance and straight punches					
		16	弓步推掌 – Gōng Bù Tuī Zhǎng	50	2			
			Bow stance push palms					
		17	击响外摆腿 – Jī Xiǎng Wài Bǎi Tuǐ	25				*Note below
			Outside crescent kick with strike (sound)					

	Sections	Step	Name of Movements	Codes				Notes
Advanced Changquan Routine 6								
		18	前点步劈拳 – Qián Diǎn Bù Pī Quán Front pointing stance and chopping fist	1				
		19	腾空飞脚 – Téng Kōng Fēi Jiǎo Jump front slap kick	30				
		20	提膝推掌 – Tí Xī Tuī Zhǎng Raised knee push palm	26	2			
		21	上步旋风脚 – Shàng Bù Xuàn Fēng Jiǎo Stepping forward into tornado/whirlwind kick	30				
		22	马步砸拳 – Mǎ Bù Zǎ Quán Horse stance pounding/hammer fist	51	1			
		23	盖步双摆掌 – Gài Bù Shuāng Bǎi Zhǎng Cover step double swinging palms	2				
		24	击步拍脚 – Jī Bù Pāi Jiǎo Running slap kick	25				Literally “striking step slap foot” Intended as dan paijiao
		25	仆步抡拍掌 – Pū Bù Lūn Pāi Zhǎng Crouching stance wheel slapping palm	53	2			**Note below
		26	抡臂砸拳 – Lūn Bì Zǎ Quán Wheel arms and hammer fist					
		27	并步推掌 – Bìng Bù Tuī Zhǎng Feet together push palms	2				
		28	上步正踢腿 – Shàng Bù Zhèng Tī Tuǐ Step forward front straight kick	24				
		29	虚步勾手 – Xū Bù Gōu Shǒu Empty stance and hook	52	3			
		30	提膝穿掌 – Tí Xī Liàng Zhǎng Raised knee and flashing palm	26	2			
	Section 2	31	仆步穿掌 – Pū Bù Chuān Zhǎng Crouching stance and threading palm	53	2			
		32	推掌蹬腿 – Tuī Zhǎng Dēng Tuǐ Push palm heel kick	2	23			
		33	大跃步前穿 – Dà Yuè Bù Qián Chuān Big leaping step forward thread					
		34	仆步双拍掌 – Pū Bù Shuāng Pāi Zhǎng Crouching stance and double slapping palms	53				
		35	推掌侧踹腿 – Tuī Zhǎng Cè Chuài Tuǐ Push palm side kick	2	23			
		36	抓肩马步架打 – Zhuā Jiān Mǎ Bù Jià Dǎ Grab shoulder horse stance block & frame strike	51	1			

	Sections	Step	Name of Movements	Codes				Notes
		37	马步格肘 – Mǎ Bù Gé Zhǒu	51				
			Horse stance with blocking elbow					
		38	弓步架打 – Gōng Bù Jià Dǎ	50	1			
			Bow stance (block) and frame strike					
		39	横裆步亮掌 – Héng Dāng Bù Liàng Zhǎng	2	3			
			Crosswise stance and flashing palm					
	Section 3	40	贯拳弓步顶肘 – Guàn Quán Gōng Bù Dǐng Zhǒu	50				
			Traversal fist to bow stance piercing elbow					
		41	扣腿冲拳 – Kòu Tuǐ Chōng Quán	1				
			Cross-leg and straight punch					
		42	歇步亮掌 – Xiē Bù Liàng Zhǎng	54	2	3		
			Resting stance flashing palm					
		43	插步穿抹掌 – Chā Bù Chuān Mǒ Zhǎng	2				
			Cross step threading and wiping palm					
		44	半马步撩掌 – Bàn Mǎ Bù Liāo Zhǎng	2				***Note below
			Half horse stance uppercut palm					
		45	冲拳弹踢 – Chōng Quán Tán Tī	1	23	2		right-left step
			Straight punch and snap kick					
		46	插步冲拳 – Chā Bù Chōng Quán	1				
			Cross step and straight punch					
		47	弧形步击响里合腿 – Hú Xíng Bù Jī Xiǎng Lǐ Hé Tuǐ	25				
			Arcing step inside kick with strike (sound)					
		48	下蹲拍掌 – Xià Dūn Pāi Zhǎng					
			Squat down slap palm					
		49	仆步横切掌 – Pū Bù Héng Qiē Zhǎng	53				
			Drop/crouching stance horizontal cutting palm					
	Section 4	50	抡臂砸拳 – Lūn Bì Zǎ Quán					
			Swinging/wheel arms pounding/hammer fist					
		51	提膝抄拳 – Tí Xī Chāo Quán	26	1			
			Raised knee uppercut					
		52	击步旋子 – Jī Bù Xuàn Zi	33				
			Skipping steps to butterfly kick					
		53	上步拍脚 – Shàng Bù Pāi Jiǎo	25				
			Forward stepping (running) slap kick					
		54	弓步撩掌 – Gōng Bù Liāo Zhǎng	50	2			
			Bow stance uppercut palm					
		55	弓步盘肘 – Gōng Bù Pán Zhǒu	50	1			
			Bow/front stance coiling elbow					

	Sections	Step	Name of Movements	Codes				Notes
		56	扶地后扫腿 – Fú Dì Hòu Sǎo Tuǐ	21				no shuang tuizhang preceding, it is an extension of both arms
			Back sweep with hand support [on the] ground					
		57	抡臂砸拳 – Lūn Bì Zǎ Quán					
			Wheel arms to hammer fist					
		58	虚步亮掌 – Xū Bù Liàng Zhǎng	52	2			
			Empty stance flashing palm					
	Finishing Movements	收势一	前点步抱拳 – Qián Diǎn Bù Bào Quán	1	2			
			Front point stance bow/salute, literally “front point stance holding fist”					
		收势二	并步直立 – Bìng Bù Zhí Lì					
			Feet together stand straight					
	*The movement 击响外摆腿 – Jī Xiǎng Wài Bǎi Tuǐ (Outside Crescent Kick with Strike/Slap) correctly outlines the movement, but modern IWUF rules is listed as 摆莲拍脚 Bǎi Lián Pāi Jiǎo (Lotus Slap Kick).							
	**Also known as: wulongpanda (乌龙盘打; wūlóngpándǎ, black dragon twining/writhing hit, also written as 五龙盘打; wǔlóngpándǎ, five dragons coiling/twisting hit, or 仆步抡拍掌; pūbùlūnpāizhǎng, drop/crouching stance swinging/wheel slap palm, or 抡臂仆步拍掌; lūnbìpūbùpāizhǎng, swinging/wheel arms drop/crouching stance slap palm)							
	***It is worth noting that the video reference has no actual liaozhang (撩掌; liāozhǎng, uppercut palm, literally “lifting palm”) at this count of the Taolu, but rather tiaozhang (挑掌; tiǎozhǎng, rising palm) instead.							
	Commencing Movements	1	预备式 – Yù Bèi Shì					
			Ready Position					
	Section 1	2	抱刀右冲拳 – Bào Dāo Yòu Chōng Quán	1				
			Hold broadsword right punch					
		3	抱刀分手亮掌 – Bào Dāo Fēn Shǒu Liàng Zhǎng	2				
			Hold broadsword and separate hands with flashing palm					
		4	单拍脚 – Dān Pāi Jiǎo	25				
			Front (single) slap kick					
		5	翻腰拍地 – Fān Yāo Pāi Dì					
			Body turn slap ground					
		6	剪腕花左右扎刀 – Jiǎn Wǎn Huā Zuǒ Yòu Zhā Dāo					
			Cutting wrist flower left & right broadsword thrust					
		7	转身缠头刀 – Zhuǎn Shēn Chán Tóu Dāo	62				Series of two
			Turn body broadsword twining					
		8	撩刀回身平扫 – Liāo Dāo Huí Shēn Píng Sǎo					
			Broadsword uppercut turn body back into flat sweep					
		9	剪腕花分手点刀 – Jiǎn Wǎn Huā Fēn Shǒu Diǎn Dāo					
			Cutting wrist flower and separate hands with broadsword point					
		10	缠头刀旋风脚 – Chán Tóu Dāo Xuàn Fēng Jiǎo	62	30			
			Broadsword twining into tornado kick					
		11	马步藏刀 – Mǎ Bù Cáng Dāo	51	2			
	Horse stance into broadsword hiding							

	Sections	Step	Name of Movements	Codes				Notes
Advanced Daoshu Routine 6		12	并步斩刀 – Bìng Bù Zhǎn Dāo					
			Feet together with broadsword hack					
		13	缠头刀 – Chán Tóu Dāo	62				Follows with right zhan dao
			Broadsword twining					
		14	剪腕花上扎刀 – Jiǎn Wǎn Huā Shàng Zhā Dāo					
			Cutting wrist flower with upward broadsword thrust					
		15	弓步崩刀 – Gōng Bù Bēng Dāo	50				
			Bow stance with (inward) broadsword tilt					
	Section 2	16	左挂刀 – Zuǒ Guà Dāo					
			Left broadsword downward parry					
		17	上步撩刀 – Shàng Bù Liāo Dāo					
			Step forward and broadsword uppercut					
		18	剪腕花分手扎刀 – Jiǎn Wǎn Huā Fēn Shǒu Zhā Dāo					
			Cutting wrist flower with hands separated to broadsword thrust					
		19	回身上撩刀 – Huí Shēn Shàng Liāo Dāo					
			Turn body back with forward broadsword uppercut					
		20	抽身带刀 – Chōu Shēn Dài Dāo					
			Draw body bringing broadsword back					
		21	错步扎刀 – Cuò Bù Zhā Dāo					
			Stagger step and broadsword thrust					
		22	后推刀 – Hòu Tuī Dāo					
			Push broadsword back					
		23	纵步下截刀 – Zòng Bù Xià Jié Dāo	62				
			Striding steps with broadsword intercepting down					
		24	腾空左右扎刀 – Téng Kōng Zuǒ Yòu Zhā Dāo					
			Jumping with left & right broadsword thrust					
		25	插步下截刀 – Chā Bù Xià Jié Dāo					
			Cross step into broadsword intercepting down					
		26	转身云刀 – Zhuǎn Shēn Yún Dāo					
			Turn body (inward) broadsword cloud					
		27	弓步分手扎刀 – Gōng Bù Fēn Shǒu Zhā Dāo	50	2			
			Bow stance and separate hands into broadsword thrust					
		28	缠头刀 – Chán Tóu Dāo	62				
			Broadsword twining					
		29	前点步错刀 – Qián Diǎn Bù Cuò Dāo					
			Front pointing stance with cross blocking broadsword					
		30	左右抡劈刀 – Zuǒ Yòu Lūn Pī Dāo					
			Left & right broadsword wheel chops					

	Sections	Step	Name of Movements	Codes				Notes
	Section 3	31	翻身抡劈刀 – Fān Shēn Lūn Pī Dāo					
			Spinning body and broadsword wheel chop					
		32	回身上扎刀 – Huí Shēn Shàng Zhā Dāo					
			Turn body back and upward broadsword thrust					
		33	旋转格刀 – Xuàn Zhuǎn Gé Dāo					
			Whirling turn broadsword block					
		34	弓步藏刀推掌 – Gōng Bù Cáng Dāo Tuī Zhǎng	50	2			
			Bow stance with broadsword hiding and push palm					
		35	插步分手扎刀 – Chā Bù Fēn Shǒu Zhā Dāo					
			Cross step into separating hands broadsword thrust					
		36	回身点刀 – Huí Shēn Diǎn Dāo					
			Turn body back into broadsword point					
		37	扫刀旋子 – Sǎo Dāo Xuàn Zǐ	62	33			
			Broadsword sweep butterfly					
		38	云刀仰身推刀 – Yún Dāo Yǎng Shēn Tuī Dāo					
			Broadsword cloud into backward leaning body to broadsword push					
	Section 4	39	转身缠头刀 – Zhuǎn Shēn Chán Tóu Dāo	62				Series of two
			Turn body into broadsword twining					
		40	裹脑平抹刀 – Guǒ Nǎo Píng Mǒ Dāo	62				
			Broadsword wrapping into flat broadsword wipe					
		41	换跳步扎刀 – Huàn Tiào Bù Zhā Dāo	50				
			Switching jump step to broadsword thrust					
		42	平分刀 – Píng Fēn Dāo					
			Flat separation of broadsword					
		43	云托按刀 – Yún Tuō Àn Dāo					
			Cloud, prop and press broadsword					
		44	插步绞刀 – Chā Bù Jiǎo Dāo					
			Cross step saber with broadsword entangling					
		45	跪步推刀 – Guì Bù Tuī Dāo					
			Kneeling stance with broadsword push					
		46	纵步下截刀 – Zòng Bù Xià Jié Dāo					
			Striding steps with downward intercepting broadsword					
		47	上步扎刀 – Shàng Bù Zhā Dāo					
			Step forward with broadsword thrust					
		48	撩腕花跳崩刀 – Liāo Wǎn Huā Tiào Bēng Dāo					
			Uppercutting wrist flower to jumping broadsword tilt					
		49	分手点刀 – Fēn Shǒu Diǎn Dāo					
			Separate hands with broadsword point					

	Sections	Step	Name of Movements	Codes				Notes
		50	剪腕花并步扎刀 – Jiǎn Wǎn Huā Bìng Bù Zhā Dāo					
			Cutting wrist flower to bring feet together with a broadsword thrust					
		51	崩刀前点 – Bēng Dāo Qián Diǎn					
			Broadsword tilt into forward point					
		52	转身缠头刀 – Zhuǎn Shēn Chán Tóu Dāo	62				
			Turn body with broadsword twining					
		53	仆步下截刀 – Pū Bù Xià Jié Dāo	62	53	2		Broadsword wrapping before
			Crouching stance with broadsword intercepting downwards					
		54	旋转缠脖刀 – Xuàn Zhuǎn Chán Bó Dāo					
			Whirling turn with broadsword twining neck					
		55	接刀弓步推掌 – Jiē Dāo Gōng Bù Tuī Zhǎng	50	2			
			Receive broadsword into bow stance push palm					
		56	左虚步切掌 – Zuǒ Xū Bù Qiē Zhǎng	52				
			Left empty stance horizontal cutting palm					
	Finishing Movements	57	并步按掌 – Bìng Bù Àn Zhǎng					
			Feet together with pressing palm					
		58	并步收势 – Bìng Bù Shōu Shì					
			Feet together into ending posture					
	Commencing Movements	起势	起势 – Qǐ Shì					
			Starting position					
		1	撩掌推棍 – Liāo Zhǎng Tuī Gùn					
			Uppercut palm and push staff					
		2	丁字步抱棍 – Dīng Zì Bù Bào Gùn					
			Nail stance and hold staff					
		3	平抡棍仆步抱棍 – Píng Lūn Gùn Pū Bù Bào Gùn	64	53			
			Horizontal staff windmill wave to crouching stance and hold staff					
		4	歇步绞棍 – Xiē Bù Jiǎo Gùn	54				
			Resting stance and staff entangling					
		5	抡扫腾空举棍 – Lūn Sǎo Téng Kōng Jǔ Gùn					
			Wheeling sweep and jump into the air lifting the staff					
		6	仆步摔棍 – Pū Bù Shuāi Gùn	53				
			Crouching stance and staff slam					
		7	抡棍弓步背棍 – Lūn Gùn Gōng Bù Bēi Gùn	64	50			Series of two
			Windmill wave staff into bow stance while carrying [the] staff [on the] back					
		8	转身云拨棍 – Zhuǎn Shēn Yún Bō Gùn					
			Turn body with cloud block with staff					
		9	转身抡棍 – Zhuǎn Shēn Lūn Gùn	64				
			Turn body and windmill wave staff					

	Sections	Step	Name of Movements	Codes				Notes
Advanced Gunshu Routine 6	Section 1	10	抡棍旋子 – Lūn Gùn Xuàn Zǐ	64	33			
			Windmill wave into butterfly kick					
		11	插步绞把 – Chā Bù Jiǎo Bǎ					
			Cross steps and entangling [with the] handle [of the staff]					
		12	弓步戳把 – Gōng Bù Chuō Bǎ	50				
			Bow stance to piercing [with the] handle [of the staff]					
		13	插步绞戳棍 – Chā Bù Jiǎo Chuō Gùn					
			Cross step to staff entangling and piercing					
		14	跳点棍仆步摔棍 – Tiào Diǎn Gùn Pū Bù Shuāi Gùn	53				
			Jumping to staff point (tap) into crouching stance and staff slam					
		15	横裆步崩棍 – Héng Dāng Bù Bēng Gùn					
			Crosswise stance with staff tilting					
		16	撩棍蹬腿 – Liāo Gùn Dēng Tuǐ	23				
			Staff uppercut with heel kick					
		17	弓步戳把 – Gōng Bù Chuō Bǎ	50				
			Bow stance into piercing [with the] handle [of the staff]					
		18	涮腰扫棍 – Shuàn Yāo Sǎo Gùn					
			Waist-whip to staff sweeping					
		19	提膝背棍 – Tí Xī Bēi Gùn	26				
			Raised knee and [carry the] staff [on the] back					
	Section 2	20	原地舞花 – Yuán Dì Wǔ Huā	65				
			Figure-8 in place [with staff]					
		21	击步旋风脚 – Jī Bù Xuán Fēng Jiǎo	30				
			Skippping steps to tornado kick					
		22	转身扫棍 – Zhuǎn Shēn Sǎo Gùn					Yungun before the saogun
			Turn body and staff sweep					
		23	坐盘抱棍 – Zuò Pán Bào Gùn	58				
			Cross-legged sitting and carry the staff					
		24	转身扫棍 – Zhuǎn Shēn Sǎo Gùn					Saogun into yungun
			Turn body into staff sweep					
		25	上步撩棍 – Shàng Bù Liāo Gùn					
			Step forward and staff uppercut					
		26	半马步劈棍 – Bàn Mǎ Bù Pī Gùn					
			Half horse stance with staff chop					
		27	弓步云拨棍 – Gōng Bù Yún Bō Gùn	50				
			Bow stance to cloud blocking with staff					
		28	扣腿戳把 – Kòu Tuǐ Chuō Bǎ					
			Rear cross-leg while piercing [with the] handle [of the staff]					

	Sections	Step	Name of Movements	Codes				Notes
	Section 3	29	插步绞棍 – Chā Bù Jiǎo Gùn Cross step with staff entangling					
		30	插步戳棍 – Chā Bù Chuō Gùn Cross step with staff piercing					
		31	舞花跳仆步摔棍 – Wǔ Huā Tiào Pū Bù Shuāi Gùn (With staff,) figure-8 jump to crouching stance and staff slam	53				
		32	弓步扫棍 – Gōng Bù Sǎo Gùn Bow stance with sweeping staff sweeps					Dynamic movements Second saogun needs to hit the floor
		33	转身跳点棍 – Zhuǎn Shēn Tiào Diǎn Gùn Turn body and jump to staff point (tap)					
		34	仆步摔棍 – Pū Bù Shuāi Gùn Crouching stance and staff slam	53				
		35	转身盖把 – Zhuǎn Shēn Gài Bǎ Turn body and cover/strike [with the] handle [of the staff]					
		36	抡棍弓步背棍 – Lūn Gùn Gōng Bù Bēi Gùn Windmill wave staff to bow stance and [carry the] staff [on the] back	64	50			
	Section 4	37	转身点棍 – Zhuǎn Shēn Diǎn Gùn Turn body and staff point (tap)					Liaogun before series of 3 diangun
		38	插步背棍 – Chā Bù Bēi Gùn Cross step to [carrying the] staff [on the] back					
		39	转身插步云拨棍 – Zhuǎn Shēn Chā Bù Yún Bō Gùn Turn body into cross step cloud block with staff					
		40	转身抡扫棍 – Zhuǎn Shēn Lūn Sǎo Gùn Turn body into windmill wave sweeping staff	64				
		41	跳仆步摔棍 – Tiào Pū Bù Shuāi Gùn Jump to crouching stance and staff slam	53				
		42	弓步崩棍 – Gōng Bù Bēng Gùn Bow stance with staff tilt	50				
		43	插步绞棍 – Chā Bù Jiǎo Gùn Cross step to staff entangling					
		44	转身抡棍 – Zhuǎn Shēn Lūn Gùn Turn body to windmill wave staff	64				
		45	虚步背棍 – Xū Bù Bēi Gùn Empty stance and [carry the] staff [on the] back	52				
		46	转身云棍 – Zhuǎn Shēn Yún Gùn Turn body and staff cloud					
		47	弓步推掌 – Gōng Bù Tuī Zhǎng Bow stance push palm	50	2			

	Sections	Step	Name of Movements	Codes				Notes
		48	并步抱棍 – Bìng Bù Bào Gùn					
			Feet together and hold staff					
	Finishing Movements	收势	收势 – Shōu Shì					
			Ending Posture					
	Commencing Movements	起势	起势 – Qǐ Shì					
			Starting position					
	Section 1	1	并步亮指 – Bìng Bù Liàng Zhǐ	4				
			Feet together flashing [sword] fingers					
		2	转身云剑 – Zhuǎn Shēn Yún Jiàn					
			Turn body and sword cloud					
		3	盘腿平衡截剑 – Pán Tuǐ Píng Héng Jié Jiàn	14	4	60		Followed by guajian
			Front cross-legged balance straightsword intercept					
		4	上步撩剑 – Shàng Bù Liāo Jiàn	60				Followed by wanhua
			Step forward and straightsword uppercut					
		5	提膝抱剑 – Tí Xī Bào Jiàn	26				Followed by xiebu xia cijian
			Raised knee and hold straightsword					
		6	行步带剑 – Xíng Bù Dài Jiàn					*Note below
			Traveling steps while bringing straightsword					
		7	上步撩剑 – Shàng Bù Liāo Jiàn	60				
			Step forward and straight sword uppercut					
		8	扣步点剑 – Kòu Bù Diǎn Jiàn					
			Hooking step and straightsword point					
		9	插步腕花 – Chā Bù Wàn Huā					
			Cross step with wrist flower (with straightsword)					
		10	弓步刺剑 – Gōng Bù Cì Jiàn	50				Followed by wanhua
			Bow stance and straightsword thrust					
		11	并步亮指 – Bìng Bù Liàng Zhǐ					
			Feet together straightsword point					
		12	退步抹剑 – Tuì Bù Mǒ Jiàn					Series of two
			Retreating step straightsword wipes					
		13	退步撩剑 – Tuì Bù Liāo Jiàn	60				
			Retreating step with straightsword uppercut					
		14	跳提膝撩剑 – Tiào Tí Xī Liāo Jiàn					
			Jump raised knee and straightsword uppercut					
		15	上步刺剑 – Shàng Bù Cì Jiàn					Followed by wanhua
			Step forward into straightsword thrust					
		16	弓步刺剑 – Gōng Bù Cì Jiàn	50	4			
			Bow stance and straightsword thrust					

	Sections	Step	Name of Movements	Codes				Notes
Advanced Jianshu Routine 6	Section 2	17	并步撩剑 – Bìng Bù Liāo Jiàn Feet together and straight sword uppercut	60				
		18	虚步刺剑 – Xū Bù Cì Jiàn Empty stance and straight sword thrust	52	4			Followed by yunjian
		19	并步截剑 – Bìng Bù Jié Jiàn Feet together straight sword intercept	4				
		20	上步挂剑 – Shàng Bù Guà Jiàn Step forward and straight sword downward parries	60				Zou you guajian
		21	翻身抡挂剑 – Fān Shēn Lūn Guà Jiàn Turn body and wheeling straight sword downward parry	60				
		22	退步挂剑 – Tuì Bù Guà Jiàn Retreating step and straight sword downward parry	60				
		23	插步撩剑 – Chā Bù Liāo Jiàn Cross step and straight sword uppercut	60				
		24	并步劈剑 – Bìng Bù Pī Jiàn Feet together straight sword chop	4				
		25	行步带剑 – Xíng Bù Dài Jiàn (Arcing) traveling steps while carrying straight sword					
		26	歇步抱剑 – Xiē Bù Bào Jiàn Resting stance hold straight sword	54	4			
		27	转身云剑 – Zhuǎn Shēn Yún Jiàn Turn body with straight sword cloud					To cijian
		28	仆步穿剑 – Pū Bù Chuān Jiàn Crouching stance with threading straight sword	53				Dynamic stance
		29	弓步压剑 – Gōng Bù Yā Jiàn Bow stance and straight sword press	50	4			
		30	退步绞剑 – Tuì Bù Jiǎo Jiàn Retreating step with straight sword entangling					
		31	坐盘崩剑 – Zuò Pán Bēng Jiàn Cross-legged sitting with straight sword tilt	58	4			
		32	望月平衡撩剑 – Wàng Yuè Píng Héng Liáo Jiàn Gazing [at the] moon balance and straight sword uppercut	16	77	60	4	
		33	插步撩剑 – Chā Bù Liāo Jiàn Cross step straight sword uppercut	60				Previous movement is jian wanhua
		34	上步刺剑 – Shàng Bù Cì Jiàn Step forward and straight sword thrust					
		35	换跳步刺剑 – Huàn Tiào Bù Cì Jiàn Switching jump step and straight sword thrust					

	Sections	Step	Name of Movements	Codes				Notes
	Section 3	36	翻腰扫剑 – Fān Yāo Sǎo Jiàn					**Note below
			Waist turn and straightsword sweep					
		37	转身扫剑 – Zhuǎn Shēn Sǎo Jiàn					
			Turn body and straightsword sweep					
		38	退步腕花 – Tuì Bù Wàn Huā					
			Retreating step wrist flower					
		39	翻腰抡劈剑 – Fān Yāo Lūn Pī Jiàn					
			Body turn and wheeling straightsword chop					
		40	弓步崩剑 – Gōng Bù Bēng Jiàn					Followed by xiebu and another bengjian
			Bow stance and straightsword tilt					
	Section 4	41	击步点剑 – Jī Bù Diǎn Jiàn					
			Skippping step and straightsword point					
		42	翻身挂剑 – Fān Shēn Guà Jiàn	60				
			Turn body and straightsword upward parry					
		43	丁步崩剑 – Dīng Bù Bēng Jiàn					
			Nail stance to straightsword tilt					
		44	弓步点剑 – Gōng Bù Diǎn Jiàn	50	4			Dynamic movements generally
			Bow stance and straightsword point					
		45	翻腰抡劈剑 – Fān Yāo Lūn Pī Jiàn					
			Body turn with wheeling straightsword chop					
		46	扣腿刺剑 – Kòu Tuǐ Cì Jiàn	4				Dynamic movements generally
			Rear cross-leg with straightsword thrust					
		47	仆步摆剑 – Pū Bù Bǎi Jiàn	53	4			
			Crouching stance with swinging straightsword					
		48	插步劈剑 – Chā Bù Pī Jiàn	4				Dynamic movements generally
			Cross step and straightsword					
		49	转身云接剑 – Zhuǎn Shēn Yún Jiē Jiàn					
			Turn body and straightsword cloud catch					
		50	虚步持剑 – Xū Bù Chí Jiàn	52				
			Empty stance and grasp straightsword					
		51	前点步背剑上指 – Qián Diǎn Bù Bēi Jiàn Shàng Zhǐ	4				Also known as: 前点步 – Qián Diǎn Bù
			High empty stance with straightsword on back [sword] fingers pointed up					
		收势	收势 – Shōu Shì					
			Ending Posture					
*Also known as: Huxingbu (弧行步； húxíngbù, arcing traveling step, or simply 行步； xíngbù, traveling step)								
**It is worth noting that the video reference has no actual fanyao at this count of the Taolu, but rather shuanyao instead.								

	Sections	Step	Name of Movements	Codes				Notes
	Commencing Movements	1	起势 – Qǐ Shì Starting position					
	Section 1	2	并步下扎枪 - Bìng Bù Xià Zhā Qiāng Feet together downward spear thrust					
		3	插步亮掌 – Chā Bù Liàng Zhǎng Cross step and flashing palm					Followed by yunqiang
		4	转身弓步扎枪 – Zhuǎn Shēn Gōng Bù Zhā Qiāng Turn body to bow stance spear thrust	50	63			
		5	弓步拦, 拿, 扎枪 – Gōng Bù Lán, Ná, Zhā Qiāng Bow stance outward block, inward block, and spear thrust	50	63			Series of three
		6	后点步扎枪 – Hòu Diǎn Bù Zhā Qiāng Back point stance and spear thrust	63				
		7	跨步劈枪 – Kuà Bù Pī Qiāng Spanning step and spear chop					
		8	转身跃起劈枪 – Zhuǎn Shēn Yuè Qǐ Pī Qiāng Turn body leap upward to spear chop					
		9	跨步托枪 – Kuà Bù Tuō Qiāng Spanning step and prop spear					
		10	上步斜劈枪 – Shàng Bù Xié Pī Qiāng Step forward and diagonal spear chop					
		11	插步下拨枪 – Chā Bù Xià Bō Qiāng Cross step and downward spear shove					
		12	并步半蹲下扎枪 – Bìng Bù Bàn Dūn Xià Zhā Qiāng Feet together half squat with downward spear thrust					
		13	转身劈枪 – Zhuǎn Shēn Pī Qiāng Turn body and spear chop					
		14	转身拿扎枪 – Zhuǎn Shēn Ná Zhā Qiāng Turn body to inward block and spear thrust	50	63			360 turn
		15	弓步拦, 拿, 扎枪 – Gōng Bù Lán, Ná, Zhā Qiāng Bow stance outward block, inward block, and spear thrust	50	63			Series of two
		16	横裆步托枪 – Héng Dāng Bù Tuō Qiāng Crosswise stance and prop spear					
		17	转身劈枪 – Zhuǎn Shēn Pī Qiāng Turn body spear chop					
		18	高虚步拉枪 – Gāo Xū Bù Lā Qiāng High empty stance pull/draw spear					Also known as: 前点步 – Qián Diǎn Bù Updated from 抱 (hold) to 拉 (pull/draw) to reflect book
		19	后点步扎枪 – Hòu Diǎn Bù Zhā Qiāng Back point stance spear thrust	63				Preceded by jiaoqiang, lan/na qiang

	Sections	Step	Name of Movements	Codes				Notes
Advanced Qiangshu Routine 6	Section 2	20	上步劈枪 – Shàng Bù Pī Qiāng					
			Step forward to spear chop					
		21	横档步上托枪 – Héng Dǎng Bù Shàng Tuō Qiāng					Followed by piqiang and saoqiang
			Crosswise stance and upward spear prop					
		22	转身扣腿点枪 – Zhuǎn Shēn Kòu Tuǐ Diǎn Qiāng					
			Turn body to rear cross-leg and spear point					
		23	并步崩枪 – Bìng Bù Bēng Qiāng					
			Feet together tilt spear					
		24	弧行步绞枪 – Hú Xíng Bù Jiǎo Qiāng					
			Arcing traveling step with spear entangling					
		25	插步拦, 拿, 扎枪 – Chā Bù Lán, Ná, Zhā Qiāng	63				
			Cross step to outward block, inward block, and spear thrust					
		26	盖步拦, 拿, 扎枪 – Gài Bù Lán, Ná, Zhā Qiāng	63	50			
			Cover step to outward block, inward block, and spear thrust					
		27	弓步拦, 拿, 扎枪 – Gōng Bù Lán, Ná, Zhā Qiāng	50	63			
			Bow stance outward block, inward block, and spear thrust					
	Section 3	28	翻身下扎枪 – Fān Shēn Xià Zhā Qiāng					
			Turn over body to downward spear thrust					
		29	弓步侧推掌 – Gōng Bù Cè Tuī Zhǎng	50	2			
			Bow stance and side push palm					
		30	虚步崩枪 – Xū Bù Bēng Qiāng	52				
			Empty stance to spear tilt					
		31	左右舞花枪 – Zuǒ Yòu Wǔ Huā Qiāng	65				Series of four
			Left & right spear figure-8					
		32	舞花过背枪 – Wǔ Huā Guò Bèi Qiāng	65				
			Spear figure-8 over [the] back					
		33	云枪拿, 扎枪 – Yún Qiāng Ná, Zhā Qiāng	50	63			
			Spear cloud to inward block, and spear thrust					
		34	反手穿梭枪 – Fǎn Shǒu Chuān Suō Qiāng					
			Reversed hand and shuttle spear					
		35	回身绕喉穿枪 – Huí Shēn Rào Hóu Chuān Qiāng					
			Turn body backwards and bypassing [the] throat to spear threading					
		36	跟步劈枪 – Gēn Bù Pī Qiāng					Similar to kuabu
			Following step to spear chop					
		37	回身劈枪 – Huí Shēn Pī Qiāng					
			Turn body back spear chop					
		38	单手抛枪 – Dān Shǒu Pāo Qiāng	66				
			Single-hand spear throw					

	Sections	Step	Name of Movements	Codes				Notes
		39	仆步摔把 – Pū Bù Shuāi Bǎ	53				
			Crouching stance and slam [with the] handle [of the spear]					
		40	抛接枪 – Pāo Jiē Qiāng	66				Followed by huibu to yun/saoqiang
			Throw and catch spear					
		41	转身坐盘抱枪 – Zhuǎn Shēn Zuò Pán Bào Qiāng	58				
			Turn body into cross-legged sitting while holding spear					
	Section 4	42	转身拦, 拿, 扎枪 – Zhuǎn Shēn Lán, Ná, Zhā Qiāng	63	50			
			Turn body to outward block, inward block, spear thrust					
		43	弓步拦, 拿, 扎枪 – Gōng Bù Lán, Ná, Zhā Qiāng	50	63			
			Bow stance outward block, inward block, and spear thrust					
		44	丁步崩枪 – Dīng Bù Bēng Qiāng					
			Nail stance and spear tilt					
		45	挑枪盖步戳把 – Tiǎo Qiāng Gài Bù Chuō Bǎ					Updated name to reflect book's gaibu
			Rising spear and piercing [with the] handle [of the spear]					
		46	翻身过背舞花枪 – Fān Shēn Guò Bèi Wǔ Huā Qiāng	65				
			Turn over body and spear over [the] back figure-8					
		47	转身提膝下扎枪 – Zhuǎn Shēn Tí Xī Xià Zhā Qiāng					
			Turn body with raised knee (while jumping) with downward spear thrust					
		48	云枪拿扎枪 – Yún Qiāng Ná Zhā Qiāng	63	50			
			Spear cloud to inward block, and spear thrust					
		49	弓步拦, 拿, 扎枪 – Gōng Bù Lán, Ná, Zhā Qiāng	50	63			
			Bow stance outward block, inward block, and spear thrust					
		50	横裆步托枪 – Héng Dāng Bù Tuō Qiāng					Followed by piqiang
			Crosswise stance and prop spear					
		51	横裆步上扎枪 – Héng Dāng Bù Shàng Zhā Qiāng					Updated from 横裆步斜举枪 – Héng Dāng Bù Xié Jǔ Qiāng
			Crosswise stance with upward spear thrust					Crosswise stance with diagonal spear lift
		52	并步立枪推掌 – Bìng Bù Lì Qiāng Tuī Zhǎng	2				
			Feet together stand spear [vertically] and push palm					
		53	收势 – Shōu Shì					
			Ending Posture					
	Commencing Movements	1	预备式 – Yù Bèi Shì					
			Ready Position					
		2	并步 – Bìng Bù Bào Quán					
			Feet together and chamber fists					
		3	抱拳震脚 – Bào Quán Zhèn Jiǎo					Followed by qilinbu
			Chamber fists with stomping feet					
		4	左弓步冲拳 – Zuǒ Gōng Bù Chōng Quán	50	1			
			Left bow stance and thrust punch					

	Sections	Step	Name of Movements	Codes			Notes
Section 1		5	左弓步冲拳 (发声“嘿/嗨”) – Zuǒ Gōng Bù Chōng Quán (Fā Shēng "Hēi/Hāi")	50	1		*Fasheng "hei/hai"
			Left bow stance and thrust punch Vocalization #1: "Hēi/Hāi"				
		6	高虚步鞭拳 – Gāo Xū Bù Biān Quán	1			
			High empty stance with backfist				
		7	骑龙步冲拳 – Qí Lóng Bù Chōng Quán	57	1		
			Dragon riding stance with thrust punch				
		8	左弓步冲拳 – Zuǒ Gōng Bù Chōng Quán	51	50	1	Preceded by brief mabu
			Left bow stance with thrust punch				
		9	左弓步截桥 – Zuǒ Gōng Bù Jié Qiáo	50			
			Left bow stance with intercepting bridge				
		10	左弓步圈桥标掌 – Zuǒ Gōng Bù Quān Qiáo Biāo Zhǎng	50			
			Left bow stance to circling bridge and thrusting palm				
		11	马步双切掌 – Mǎ Bù Shuāng Qiē Zhǎng	51			
			Horse stance to double cutting (butterfly) palms				
		12	马步左右挑掌 – Mǎ Bù Zuǒ Yòu Tiǎo Zhǎng	51			
			Horse stance with left & right rising palms				
		13	马步双推单指 – Mǎ Bù Shuāng Tuī Dān Zhǐ	51	4		
			Horse stance to double push single fingers				
		14	马步双推单指 – Mǎ Bù Shuāng Tuī Dān Zhǐ	51	4		
			Horse stance to double push single fingers				
		15	马步双标掌沉桥 – Mǎ Bù Shuāng Biāo Zhǎng Chén Qiáo	51			
			Horse stance to double thrusting palm sinking bridge				
		16	右弓步架桥 – Yòu Gōng Bù Jià Qiáo	50			
			Right bow stance to blocking bridge				
		17	骑龙步压肘 – Qí Lóng Bù Yā Zhǒu	57			
			Dragon riding stance with pressing elbow				
		18	开步双虎爪 – Kāi Bù Shuāng Hǔ Zhǎo	2			
			Open stance to double tiger claw				
		19	骑龙步推掌 – Qí Lóng Bù Tuī Zhǎng	57			
			Dragon riding stance to push palm				
		20	腾空转体里合腿 – Téng Kōng Zhuǎn Tǐ Lǐ Hé Tuǐ	40			
			Jumping body turn inside crescent kick				
		21	跌扑剪扫侧踹腿 – Diē Pū Jiǎn Sǎo Cè Chuài Tuǐ				
			Fallen striking scissor sweep side kick				
		22	鲤鱼打挺 – Lǐ Yú Dǎ Tǐng				
			Kip-up				
		23	虚步鹤嘴手 – Xū Bù Hè Zuǐ Shǒu	52	3		
			Empty stance crane beak hands				

	Sections	Step	Name of Movements	Codes				Notes
1st Set of International Compulsory Nanquan Routine		24	独立步双虎爪 – Dú Lì Bù Shuāng Hǔ Zhǎo Single [leg] standing stance double tiger claw	26	2			Followed by two chongquan
		25	左弓步单虎爪（发生“哇”） – Zuǒ Gōng Bù Dān Hǔ Zhǎo (Fā Shēng "Wa") Left bow stance single tiger claw Vocalization #2: "Wa/woo"	2				*Fasheng "wa/woo"
		26	转身鞭拳插掌 – Zhuǎn Shēn Biān Quán Chā Zhǎng Turn body backfist to insert palm					
		27	前蹬腿冲拳 – Qián Dēng Tuǐ Chōng Quán Front heel kick to thrust punch	23				
		28	跪步盖拳 – Guì Bù Gài Quán Kneeling stance with covering fist	56	1			
		29	骑龙步撞拳 – Qí Lóng Bù Zhuàng Quán Dragon riding stance and colliding fist	57	1			
		30	马步劈桥 – Mǎ Bù Pī Qiáo Horse stance with chopping bridge	51				
	Section 2	31	转身挂盖拳 – Zhuǎn Shēn Guà Gài Quán Turn body with hanging and covering fists					
		32	横钉腿右弓步冲拳 – Héng Dīng Tuǐ Yòu Gōng Bù Chōng Quán Horizontal nail kick to right bow stance thrust punch	27	50	1		
		33	勒手横踩腿双推掌 – Lēi Shǒu Héng Cǎi Tuǐ Shuāng Tuī Zhǎng Binding hands to horizontal stamping kick double push palms	23				Should be shuang qiezhang
		34	单蝶步拍地 – Dān Dié Bù Pāi Dì Single butterfly stance and slap ground	55				
		35	右弓步叠掌 – Yòu Gōng Bù Dié Zhǎng Right bow stance and butterfly palms	50				
		36	麒麟步左弓步叠掌 – Qí Lín Bù Zuǒ Gōng Bù Dié Zhǎng Qilin step to left bow stance and folding palms	50				
		37	右弓步架冲拳 – Yòu Gōng Bù Jià Chōng Quán Right bow stance and block with thrust punch	50	1			
		38	左横裆步右抛拳（发声“嘿/嗨”） – Zuǒ Héng Dāng Bù Yòu Pāo Quán (Fā Shēng "Hēi/Hāi") Left crosswise stance right tossing punch Vocalization #3: "Hēi/Hāi"	1				*Fasheng "hei/hai"
		39	右横裆步左抛拳 – Yòu Héng Dāng Bù Zuǒ Pāo Quán Right crosswise stance left left tossing punch	1				
		40	上步挂盖拳 – Shàng Bù Guà Gài Quán Step forward with hanging and covering fists	1				
		41	插步鞭拳 – Chā Bù Biān Quán Cross step with backfist	1				

	Sections	Step	Name of Movements	Codes				Notes
		42	转身挂盖拳 – Zhuǎn Shēn Guà Gài Quán	1				
			Turn body into hanging and covering fists					
		43	拖步抛撞拳 – Tuō Bù Pāo Zhuàng Quán					
			Dragging step to tossing colliding fist					
		44	马步撑掌 – Mǎ Bù Chēng Zhǎng	51				
			Horse stance to bracing palm					
		45	挂盖右弓步撞拳 – Guà Gài Gōng Bù Zhuàng Quán	50	1			
			Hanging and covering fists to bow stance colliding fist					
		46	歇步下冲拳 – Xiē Bù Xià Chōng Quán	1				Xiebu cannot be deducted
			Resting stance to downward thrust punch					
		47	马步双挂拳 – Mǎ Bù Shuāng Guà Quán	51	1			Also shuang piquan
			Horse stance with double hanging fists					
		48	跪步双虎爪 – Guì Bù Shuāng Hǔ Zhǎo	56	2			
			Kneeling stance and double tiger claw					
	Section 3	49	单拍脚半马步冲拳 – Dān Pāi Jiǎo Bàn Mǎ Bù Chōng Quán	1				
			Single slap kick to half horse stance thrust punch					
		50	单蝶步压肘 – Dān Dié Bù Yā Zhǒu	55				
			Single butterfly stance with pressing elbow					
		51	插步冲拳 – Chā Bù Chōng Quán	1				
			Cross step and thrust punch					
		52	上步冲拳转身挂盖拳 – Shàng Bù Chōng Quán Zhuǎn Shēn Guà Gài Quán					
			Step forward to thrust punch and turn body hanging and covering fists					
		53	马步侧冲拳 – Mǎ Bù Cè Chōng Quán	51	1			
			Horse stance side punch					
	Section 4	54	转身挂盖右弓步滚桥 – Zhuǎn Shēn Guà Gài Yòu Gōng Bù Gǔn Qiáo	50				
			Turn body hanging and covering fists to right bow stance rolling bridge					
		55	右弓步双推单指 – Yòu Gōng Bù Shuāng Tuī Dān Zhǐ	50	4			
			Right bow stance double pushing single fingers					
		56	上步挂盖拳 – Shàng Bù Guà Gài Quán	1				
			Step forward with hanging and covering fists					
		57	拖步抛撞拳 – Tuō Bù Pāo Zhuàng Quán	1				
			Dragging step with tossing colliding fist					
		58	拖步冲拳 – Tuō Bù Chōng Quán	1				
			Dragging step to thrust punch					
		59	插步鞭拳转身挂盖拳 – Chā Bù Biān Quán Zhuǎn Shēn Guà Gài Quán	1				
			Cross step with backfist and turn body to hanging and covering fist					
		60	弓步架掌 – Gōng Bù Jià Zhǎng	50				
			Bow stance with framing palms					

	Sections	Step	Name of Movements	Codes				Notes
		61	转身挂盖退步冲拳 – Zhuǎn Shēn Guà Gài Tuì Bù Chōng Quán	1				Zou you ge dang before chongquan
			Turn body with hanging and covering fists to back step thrust punch					
		62	左弓步双推掌 (发声 “嘿/嗨”) – Zuǒ Gōng Bù Shuāng Tuī Zhǎng (Fā Shēng “Hēi/Hāi”)	50				*Fasheng "hei/hai"
			Left bow stance to double push palms Vocalization #4: "Hēi/Hāi"					
		63	虚步推掌冲拳 – Xū Bù Tuī Zhǎng Chōng Quán	52	1			
			Empty stance to push palm and thrust punch (nanquan salute)					
		64	并步抱拳 – Bìng Bù Bào Quán					
			Feet together and chamber fists					
	Finishing Movements	收势	收势 – Shōu Shì					
			Ending Posture					
	Commencing Movements	0	预备式 – Yù Bèi Shì					
			Ready Position					
	Section 1	1	虚步抱刀 – Xū Bù Bào Dāo	52				
			Empty stance holding broadsword					
		2	右骑龙步带刀 – Yòu Qí Lóng Bù Dài Dāo	57				
			Right dragon riding stance and bring broadsword [to arms]					
		3	上步左右砍刀 – Shàng Bù Zuǒ Yòu Kǎn Dāo					
			Step forward to left & right broadsword cut					
		4	左弓步推刀 (发声 “嘿/嗨”) – Zuǒ Gōng Bù Tuī Dāo (Fā Shēng “Hēi/Hāi”)	50				*Fasheng "hei/hai"
			Left bow stance and push broadsword Vocalization #1: "Hēi/Hāi"					
		5	横裆步立捧刀 – Héng Dāng Bù Lì Pěng Dāo					
			Crosswise stance and vertically hold broadsword (with both hands)					
		6	上步左右横砍 – Shàng Bù Zuǒ Yòu Héng Kǎn					
			Step forward with left & right horizontal cut (with broadsword)					
		7	单蝶步错刀 – Dān Dié Bù Cuò Dāo	55				
			Single butterfly stance with crossing block broadsword					
		8	马步架刀 – Mǎ Bù Jià Dāo	51				
			Horse stance to broadsword block					
		9	左丁步按刀 – Zuǒ Dīng Bù Àn Dāo	62				Guonao before dingbu
			Left nail stance with broadsword press					
		10	旋风脚 – Xuàn Fēng Jiǎo	30				
			Tornado kick					
		11	单蝶步扎刀 – Dān Dié Bù Zhā Dāo	55				
			Single butterfly stance broadsword thrust					
		12	左右扫刀 – Zuǒ Yòu Sǎo Dāo	62				Preceded by chantou
			Left & right broadsword sweep					

	Sections	Step	Name of Movements	Codes				Notes
		13	提膝转身挂刀 – Tí Xī Zhuǎn Shēn Guà Dāo	26				
			Raised knee and turn body to broadsword downward parry					
		14	左骑龙步格刀 – Zuǒ Qí Lóng Bù Gé Dāo	57				
			Left dragon riding stance with broadsword block					
		15	右骑龙步格刀 – Yòu Qí Lóng Bù Gé Dāo	57				
			Right dragon riding stance with broadsword block					
		16	上步劈刀 – Shàng Bù Pī Dāo					
			Step forward and broadsword chop					
		17	左骑龙步下截刀 – Zuǒ Qí Lóng Bù Xià Jié Dāo	57				
			Left dragon riding stance and downward intercepting broadsword					
		18	麒麟步剪腕花 – Qí Lín Bù Jiǎn Wǎn Huā					
			Kirin steps with cutting wrist flower					
		19	横裆步立推刀 (发声 “嘿/嗨”) – Héng Dāng Bù Lì Tuī Dāo (Fā Shēng "Hēi/Hāi")					*Fasheng "hei/hai"
			Crosswise stance to vertically broadsword push Vocalization #2: "Hēi/Hāi"					Note book doesn't say specific fasheng sound here
	Section 2	20	马步撩刀 – Mǎ Bù Liāo Dāo	51				
			Horse stance with broadsword uppercut					
		21	右弓步撩刀 – Yòu Gōng Bù Liāo Dāo	50				Dynamic
			Right bow stance with broadsword uppercut					
		22	回身提膝错刀 – Huí Shēn Tí Xī Cuò Dāo	26				
			Turn body backwards with raised knee crossing block broadsword					
		23	跳转身单蝶步砍刀 – Tiào Zhuǎn Shēn Dān Dié Bù Kǎn Dāo	55				
			Jump turn body to single butterfly stance broadsword cut					
		24	马步撩刀 – Mǎ Bù Liāo Dāo	51				
			Horse stance with broadsword uppercut					
		25	右弓步格刀 – Yòu Gōng Bù Gé Dāo	50				
			Right bow stance with broadsword block					
		26	插步反把扎刀 – Chā Bù Fǎn Bǎ Zhā Dāo					
			Cross step with reverse grip broadsword thrust					
		27	退步抹刀 – Tuì Bù Mǒ Dāo					Both sides
			Retreating step to broadsword smear					
		28	回身上步左右劈刀 – Huí Shēn Shàng Bù Zuǒ Yòu Pī Dāo					
			Turn body back and stepping forward left & right broadsword chop					
		29	马步劈刀 – Mǎ Bù Pī Dāo	51				
			Horse stance with broadsword chop					
		30	跳转身马步砍刀 (发声 “嘿/嗨”) – Tiào Zhuǎn Shēn Mǎ Bù Kǎn Dāo (Fā Shēng "Hēi/Hāi")	51				*Fasheng "hei/hai"
			Jump turn body to horse stance broadsword cut Vocalization #3: "Hēi/Hāi"					

	Sections	Step	Name of Movements	Codes	Notes
1st Set of International Compulsory Nandao Routine	Section 3	31	提膝扎刀 – Tí Xī Zhā Dāo Raised knee with broadsword thrust	26	
		32	马步崩刀 – Mǎ Bù Bēng Dāo Horse stance with broadsword tilt	51	
		33	左弓步错刀 – Zuǒ Gōng Bù Cuò Dāo Left bow stance with crossing block broadsword	50	
		34	马步截刀 – Mǎ Bù Jié Dāo Horse stance with intercepting broadsword	51	
		35	转身左弓步云抹刀 – Zhuǎn Shēn Zuǒ Gōng Bù Yún Mǒ Dāo Turn body left to bow stance with broadsword cloud wipe	50	
		36	转身左骑龙步云抹刀 – Zhuǎn Shēn Zuǒ Qí Lóng Bù Yún Mǒ Dāo Turn body left to dragon riding stance with broadsword cloud wipe	57	Followed by qilinbu
		37	左弓步扎刀 (发声“嘿/嗨”) – Zuǒ Gōng Bù Zhā Dāo (Fā Shēng "Hēi/Hāi") Left bow stance with broadsword thrust Vocalization #3: "Hēi/Hāi"	50	*Fasheng "hei/hai" Note book doesn't say specific fasheng sound here
		38	上步穿刀 – Shàng Bù Chuān Dāo Step forward to threading broadsword		
		39	半马步劈刀 – Bàn Mǎ Bù Pī Dāo Half horse stance with intercepting broadsword		
		40	撩腕花 – Liāo Wǎn Huā broadsword uppercut wrist flower		
		41	跳翻身仆步劈刀 – Tiào Fān Shēn Pū Bù Pī Dāo Jump turn over to crouching stance and broadsword chop	53	
		42	剪腕花 – Jiǎn Wǎn Huā Cutting wrist flower		
		43	抹刀后摆腿 – Mǒ Dāo Hòu Bǎi Tuǐ Broadsword wipe with back crescent kick	25	
		44	单蝶步反手抹刀 – Dān Dié Bù Fǎn Shǒu Mǒ Dāo Single butterfly stance with reversed hand broadsword wipe	55	
		45	马步反手扎刀 – Mǎ Bù Fǎn Shǒu Zhā Dāo Horse stance reversed hand broadsword thrust	51	
		46	半马步立推刀 – Bàn Mǎ Bù Lì Tuī Dāo Half horse stance vertical broadsword push		
		47	提膝挂刀 – Tí Xī Guà Dāo Raised knee to broadsword downward parry	26	
		48	跳转身背花 – Tiào Zhuǎn Shēn Bèi Huā Jump turn body back flower		
		49	右弓步带刀 – Yòu Gōng Bù Dài Dāo Right bow stance and bring broadsword [to arms]	50	

	Sections	Step	Name of Movements	Codes				Notes
	Section 4	50	上步撩刀 – Shàng Bù Liāo Dāo					
			Step forward to broadsword uppercut					
		51	插步撩刀 – Chā Bù Liāo Dāo					
			Cross step to broadsword uppercut					
		52	左弓步扎刀 – Zuǒ Gōng Bù Zhā Dāo	50				
			Left bow stance with broadsword thrust					
		53	马步截刀 – Mǎ Bù Jié Dāo	51				
			Horse stance with intercepting broadsword					
		54	背刀 – Bèi Dāo					
			[Carry the] saber/broadsword [on the] back					
		55	左右扫刀 – Zuǒ Yòu Sǎo Dāo					
			Left & right broadsword sweep					
		56	回身撩刀 – Huí Shēn Liāo Dāo					
			Turn body back to broadsword uppercut					
		57	左右扫刀 – Zuǒ Yòu Sǎo Dāo					
			Left & right broadsword sweep					
		58	跳翻身骑龙步砍刀 – Tiào Fān Shēn Qí Lóng Bù Kǎn Dāo	57				
			Jump turn over to dragon riding stance and broadsword cut					
		59	右弓步带刀 – Yòu Gōng Bù Dài Dāo	50				
			Right bow stance and bring broadsword [to arms]					
		60	上步砍刀 – Shàng Bù Kǎn Dāo					
			Step forward tobroadsword cut					
		61	马步砍刀 – Mǎ Bù Kǎn Dāo	51				
			Horse stance with broadsword cut					
		62	跳转身马步砍刀 – Tiào Zhuǎn Shēn Mǎ Bù Kǎn Dāo	51				
			Jump turn body horse stance with broadsword cut					
		63	左弓步斩刀 – Zuǒ Gōng Bù Zhǎn Dāo	50				Preceded by you gongbu daidao
			Left bow stance with broadsword hack					
		64	盖步截刀 – Gài Bù Jié Dāo					Followed by qilinbu
			Cover step with intercepting broadsword					
		65	跪步推刀 (发声“嘿/嗨”) – Guì Bù Tuī Dāo (Fā Shēng "Hēi/Hāi")	56				*Fasheng "hei/hai"
			Kneeling stance with broadsword push Vocalization #4: "Hēi/Hāi"					Followed by wanhua. Note book doesn't say specific fasheng sound here
		66	半马步抱刀 – Bàn Mǎ Bù Bào Dāo					
			Half horse stance and hold broadsword					
		收势	收势 – Shōu Shì					
			Ending Posture					
	*It is worth noting that the video reference has no actual zuoxubupengdao at this count of the Taolu, but rather youxubupengdao (右虚步捧刀; yòuxūbùpěngdāo, right empty/cat stance hold saber/broadsword with both hands) instead.							

	Sections	Step	Name of Movements	Codes				Notes
	Commencing Movements	起势	预备式 – Yù Bèi Shì					
			Ready Position					
			起势 – Qǐ Shì					
			Starting position					
	Section 1	1	左虚步盖掌 – Zuǒ Xū Bù Gài Zhǎng					*Note below
			Left empty stance with covering palm					
		2	右弓步斜拨棍 – Yòu Gōng Bù Xié Bào Gùn	50				
			Right bow stance while diagonally holding staff					
		3	左弓步劈棍 (发声 “嘿/嗨”) – Zuǒ Gōng Bù Pī Gùn (Fā Shēng “Hēi/Hǎi”)	50				*Fasheng "hei/hai"
			Left bow stance with staff chop Vocalization #1: "Hēi/Hǎi"					Book says three kinds of fasheng can be used 动作发声为“嘿”、“嗨”、“暖”三种，可任意选用
		4	马步戳棍 – Mǎ Bù Chuō Gùn	51				
			Horse stance with staff pierce					
		5	马步滚压棍 – Mǎ Bù Gǔn Yā Gùn	51				
			Horse stance with rolling press staff					
		6	拐步下拨棍 – Guǎi Bù Xià Bō Gùn					
			Turning step with downward staff shove					
		7	马步戳棍 – Mǎ Bù Chuō Gùn	51				
			Horse stance with staff pierce					
		8	马步滚压棍 – Mǎ Bù Gǔn Yā Gùn	51				
			Horse stance with rolling press staff					
		9	转身左弓步下拨棍 – Zhuǎn Shēn Zuǒ Gōng Bù Xià Bō Gùn	50				
			Turn body left bow stance with downward staff shove					
		10	左弓步盖棍 – Zuǒ Gōng Bù Gài Gùn	50				
			Left bow stance with staff cover					
		11	左弓步斜击棍 – Zuǒ Gōng Bù Xié Jī Gùn	50				
			Left bow stance with diagonal staff strike					
		12	马步挑把 – Mǎ Bù Tiǎo Bǎ	51				
			Horse stance rising [with the] butt/handle [of the staff]					
		13	左骑龙步斜击棍 – Zuǒ Qí Lóng Bù Xié Jī Gùn	57				
			Left dragon riding stance with diagonal staff strike					
		14	右骑龙步斜击把 – Yòu Qí Lóng Bù Xié Jī Bǎ	57				
			Right dragon riding stance with diagonal [staff] handle strike					
		15	上步左格棍 – Shàng Bù Zuǒ Gé Gùn					
			Step forward with left staff block					
		16	上步右格棍 – Shàng Bù Yòu Gé Gùn					
			Step forward with right staff block					
		17	跳步左弓步斜击棍 – Tiào Bù Zuǒ Gōng Bù Xié Jī Gùn	50				
			Jumping steps to left bow stance diagonal diagonal strike					

	Sections	Step	Name of Movements	Codes				Notes
1st Set of International Compulsory Nangun Routine		18	半马步挂劈棍 – Bàn Mǎ Bù Guà Pī Gùn					
			Half horse stance with parry and chopping staff					
		19	半马步戳棍 – Bàn Mǎ Bù Chuō Gùn					
			Half horse stance staff piercing					
		20	盖步左弓步绞压棍 – Zhuǎn Shēn Zuǒ Gōng Bù Jiǎo Yā Gùn					
			Forward leap to half horse stance staff pierce					
	Section 2	21	盖步左弓步绞压棍 – Gài Bù Zuǒ Gōng Bù Jiǎo Yā Gùn	50				
			Cover step to left bow stance staff entangling & press					
		22	半马步挑劈棍 (发声 “嘿/嗨”) – Bàn Mǎ Bù Tiǎo Pī Gùn (Fā Shēng “Hēi/Hǎi”)					*Fasheng "hei/hai"
			Half horse stance rising staff to chop Vocalization #2: "Hēi/Hǎi"					
		23	回身左弓步戳把 – Huí Shēn Zuǒ Gōng Bù Chuō Bǎ	50				
			Turn body back to left bow stance with [staff] handle pierce					
		24	左弓步挂劈棍 – Zuǒ Gōng Bù Guà Pī Gùn	50				
			Left bow stance to staff parrying and chopping					
		25	跳步跪步右云拨棍 – Tiào Bù Guì Bù Yòu Yún Bō Gùn	56				
			Jump step to kneeling stance right staff cloud and shove					
		26	跳步跪步左云拨棍 – Tiào Bù Guì Bù Zuǒ Yún Bō Gùn	56				
			Jump step to kneeling stance left staff cloud and shove					
		27	上步撩把 – Shàng Bù Liāo Bǎ					
			Step forward and uppercut [with the] handle [of the staff]					
		28	上步撩棍 – Shàng Bù Liāo Gùn					
			Step forward and uppercut [with the] staff					
		29	上步撩把 – Shàng Bù Liāo Bǎ					
			Step forward and uppercut [with the] handle [of the staff]					
		30	左弓步斜击棍 – Zuǒ Gōng Bù Xié Jī Gùn	50				
			Left bow stance with diagonal staff strike					
		31	丁腿钉斜击棍 – Dīng Tuǐ Xié Jī Gùn	27				
			Nail kick with diagonal staff strike					
		32	左弓步斜击把 – Zuǒ Gōng Bù Xié Jī Bǎ	50				
			Left bow stance with diagonal [staff] handle strike					
		33	马步挂劈棍 – Mǎ Bù Guà Pī Gùn	51				
			Horse stance with parry and chopping staff					
		34	上步马步挑棍 – Shàng Bù Mǎ Bù Tiǎo Gùn	51				
			Step forward to horse stance rising staff					
		35	马步挂劈棍 – Mǎ Bù Guà Pī Gùn	51				
			Horse stance with parry and chopping staff					
		36	回身左弓步斜击棍 – Huí Shēn Zuǒ Gōng Bù Xié Jī Gùn	50				
			Turn body back to left bow stance diagonal staff strike					

	Sections	Step	Name of Movements	Codes				Notes
	Section 3	37	右弓步戳棍 – Yòu Gōng Bù Chuō Gùn Right bow stance and staff pierce	50				Preceded by jiaogun
		38	左虚步下弹棍 – Zuǒ Xū Bù Xià Tán Gùn Left empty stance with downward staff snap	52				
		39	右弓步拨把 – Yòu Gōng Bù Bō Bǎ Right bow stance shove [with the] handle [of the staff]	50				
		40	左弓步斜击棍 – Zuǒ Gōng Bù Xié Jī Gùn Left bow stance with diagonal staff strike	50				
		41	转身马步云拨棍 – Zhuǎn Shēn Mǎ Bù Yún Bō Gùn Turn body left to bow stance staff could and shove	51				
		42	跳转身左弓步推棍 (发声“嘿/嗨”) – Tiào Zhuǎn Shēn Zuǒ Gōng Bù Tuī Gùn (Fā Shēng “Hēi/Hāi”) Jump turn body to left bow stance and push staff Vocalization #3: “Hēi/Hāi”	50				*Fasheng “hei/hai”
		43	转身左弓步劈棍 – Zhuǎn Shēn Zuǒ Gōng Bù Pī Gùn Turn body to left bow stance with staff chop	50				
		44	麒麟步马步云拨棍 – Qí Lín Bù Mǎ Bù Yún Bō Gùn Kirin steps to horse stance staff cloud & shove	51				
		45	半马步绞崩棍 – Bàn Mǎ Bù Jiǎo Bēng Gùn Half horse stance to staff entangling and tilt					
		46	右弓步下拨棍 – Yòu Gōng Bù Xià Bō Gùn Right bow stance downward staff shove	50				Not a tixi preceding
		47	上步右虚步崩棍 – Shàng Bù Yòu Xū Bù Bēng Gùn Step forward to right empty stance with staff tilt	52				4 steps
		48	回身提膝上挑棍 – Huí Shēn Tí Xī Shàng Tiǎo Gùn Turn body back to raised knee and rising staff	26				
		49	右虚步下拨棍 – Yòu Xū Bù Xià Bō Gùn Right empty stance with downward staff shove	52				
		50	左弓步抱棍 – Zuǒ Gōng Bù Bào Gùn Left bow stance to staff hold	50				
		51	提膝拄棍 – Tí Xī Zhǔ Gùn Raised knee with staff post	26				
		52	左右舞花棍 – Zuǒ Yòu Wǔ Huā Gùn Left & right with staff figure-8					
		53	跳翻身仆步摔棍 – Tiào Fān Shēn Pū Bù Shuāi Gùn Jump turn over to crouching stance with staff slam	53				
		54	右骑龙步顶棍 – Yòu Qí Lóng Bù Dǐng Gùn Right dragon riding stance piercing cudgel/staff	57	67			**Note below

	Sections	Step	Name of Movements	Codes				Notes	
	Section 4	55	盖步绞棍 – Gài Bù Jiǎo Gùn						
			Cover step with staff entangling						
		56	右弓步戳棍 – Yòu Gōng Bù Chuō Gùn	50					
			Right bow stance to staff pierce						
		57	拖步斜击把 – Tuō Bù Xié Jī Bǎ						
			Dragging step with diagonal strike [with the] handle [of the staff])						
		58	上步斜击棍 – Shàng Bù Xié Jī Gùn					***Note below	
			Step forward with staff diagonal staff strike						
		59	上步下击把 – Shàng Bù Xià Jī Bǎ					****Note below	
			Step forward with diagonal strike [with the] handle [of the staff])						
		60	左弓步劈棍 – Zuǒ Gōng Bù Pī Gùn	50					
			Left bow stance with staff chop						
		61	跳转身单蝶步摔棍 – Tiào Zhuǎn Shēn Dān Dié Bù Shuāi Gùn	55					
			Jump turn body to single butterfly stance staff slam						
		62	右弓步斜后挂棍 – Yòu Gōng Bù Xié Hòu Guà Gùn	50					
			Right bow stance with diagonal back staff parry						
		63	左弓步劈棍 – Zuǒ Gōng Bù Pī Gùn	50					*****Note below
			Left bow stance with staff chop						
		64	转身左弓步斜击棍 – Zhuǎn Shēn Zuǒ Gōng Bù Xié Jī Gùn	50					Gaibu between this and next movement
			Turn body to left bow stance diagonal staff strike						
	65	左弓步平推棍 (发声 “嘿/嗨”) – Zuǒ Gōng Bù Píng Tuī Gùn (Fā Shēng “Hēi/Hǎi”)	50					*Fasheng "hei/hai"	
		Left bow stance with horizontal staff push Vocalization #4: "Hēi/Hǎi"							
	66	右虚步抽棍 – Yòu Xū Bù Chōu Gùn	52					*****Note below	
		Right empty stance draw cudgel/staff							
	Finishing Movements	收势	收势 – Shōu Shì						
			Ending Posture						
*Video reference has no actual zuoxubugaizhang at this count of the Taolu, but rather youxubugaizhang (右虚步盖掌； yòuxūbùgàizhǎng, right empty/cat stance cover palm) instead.									
**earlier version originally missing 右 'right' (骑龙步顶棍 - Qí Lóng Bù Dǐng Gùn)									
***earlier version was 拖步 instead of 上步 (拖步斜击棍 – Tuō Bù Xié Jī Gùn)									
****earlier version was 拖步 instead of 上步 和 斜 instead of 下 (拖步斜击把 – Tuō Bù Xié Jī Bǎ)									
*****earlier version was missing 左 Zuǒ									
*****Book name and descriptive text written as 左'left' instead of 右'right'. However book illustration also shows 右虚步 'right empty stance' and the description of leg movements implies a 'right' instead of 'left' empty stance ("Shift your weight to the right and draw your left foot in half a step to form a left (actually 'right') empty stance."									
	Commencing Movements	1	起势 – Qǐ Shì					Confirmed as step 1 in book	
			Starting posture						
		2	右揽雀尾 – Yòu Lǎn Què Wěi	50	2				
			Right grasp sparrow's tail						

	Sections	Step	Name of Movements	Codes				Notes
42 Taijiquan	Section 1	3	左单鞭 – Zuǒ Dān Biān Left single whip	50	2	3		
		4	提手 – Tí Shǒu Raising hands	2				
		5	白鹤亮翅 – Bái Hè Liàng Chì White crane spreads wings	52	2			
		6	搂膝拗步 – Lōu Xī Āo Bù Brush knee pivot step	50	2			
		7	撇身捶 – Piě Shēn Chuí Downwards backfist (literally fling body punch)	50	1			
		8	捋挤势 – Lǚ Jǐ Shì Roll back and press	50	2			
		9	进步搬拦捶 – Jìn Bù Bān Lán Chuí Advancing step block, parry, punch	2	1	50		
		10	如封似闭 – Rú Fēng Sì Bì Apparent close-up	2				From Sun (孙; Sūn) Style Taijiquan
		11	开合手 – Kāi Hé Shǒu Open & close hands	2				From Sun (孙; Sūn) Style Taijiquan
		12	右单鞭 – Yòu Dān Biān Right single whip	2				From Sun (孙; Sūn) Style Taijiquan horizontal block into banmabu
	Section 2	13	肘底捶 – Zhǒu Dǐ Chuí Fist [at] elbow bottom	2				
		14	转身推掌 – Zhuǎn Shēn Tuī Zhǎng Turn body push palm	2				From Sun (孙; Sūn) Style Taijiquan
		15	玉女穿梭 – Yù Nǚ Chuān Suō Fair lady works shuttles	50	2			
		16	左右蹬脚 – Yòu Zuǒ Dēng Jiǎo Right & left heel kick	23	2	26	50	*Note below
		17	掩手肱捶 – Yǎn Shǒu Gōng Chuí Cover punch	50	51			From Chen (陈; Chén) Style Taijiquan
		18	野马分鬃 – Yě Mǎ Fēn Zōng Part wild horse's mane	50	2			From Chen (陈; Chén) Style Taijiquan
		19	云手 – Yún Shǒu Cloud hands	2				
		20	独立打虎 – Dú Lì Dǎ Hǔ Stand [on one Leg] hitting/fighting tiger	26	1			**Note below
		21	右分脚 – Yòu Fēn Jiǎo Right parting kick	23	2			

	Sections	Step	Name of Movements	Codes				Notes
Routine	Section 3	22	双峰贯耳 – Shuāng Fēng Guàn Ěr Strike [pponent's] ears [with] both fists	50	2			
		23	左分脚 – Zuǒ Fēn Jiǎo Left parting kick	26	23	2		
		24	转身拍脚 – Zhuǎn Shēn Pāi Jiǎo Turn body slap kick	26	25			
		25	进步栽捶 – Jìn Bù Zài Chuí Advancing step plant punch	50	1			
		26	斜飞势 – Xié Fēi Shì Diagonal flying posture	2				
		27	单鞭下势 – Dān Biān Xià Shì Single whip & downwards posture					Also known as: Snake Creeps Down (蛇身下式; Shé Shēn Xià Shì) ***Note below
		28	金鸡独立 – Jīn Jī Dú Lì Golden rooster stands [on one leg]	26				
		29	退步穿掌 – Tuì Bù Chuān Zhǎng Retreating step threading palm	50	2			
	Section 4	30	虚步压掌 – Xū Bù Yā Zhǎng Empty stance pressing [down] palm	52	2			
		31	独立托掌 – Dú Lì Tuō Zhǎng Single [leg] standing prop palm	26	2			
		32	马步靠 – Mǎ Bù Kào Horse stance lean	1	2			Actually banmabu
		33	转身大捋 – Zhuǎn Shēn Dà Lǚ Turn body big rollback	50				
		34	歇步擒打 – Xiē Bù Qín Dǎ Resting stance grappling strike	1	2			
		35	穿掌下式 – Chuān Zhǎng Xià Shì Threading palm & downwards posture	53				
		36	上步七星 – Shàng Bù Qī Xīng Step forward & seven stars	52	1			
		37	退步跨虎 – Tuì Bù Kuà Hǔ Retreating step and ride the tiger	2				****Note below
		38	转身摆莲 – Zhuǎn Shēn Bǎi Lián Turn body lotus kick	52	2	26	25	
		39	弯弓射虎 – Wān Gōng Shè Hǔ Bend bow shoot riger	50	1			
		40	左揽雀尾 – Zuǒ Lǎn Què Wěi Left grasp sparrow's tail	50	2			

	Sections	Step	Name of Movements	Codes				Notes
		41	十字手 – Shí Zì Shǒu					
			Cross hands					
	Finishing Movements	42	收势 – Shōu Shì					
			Ending posture					
	*Book name of movement is 左右 (left right) but the illustrations and descriptions match right-side then left-side							
	**changed to 式 to 势 (matching book)							
	*** (originally 退步打虎 – Tuì Bù Dǎ Hǔ - Retreating Step Hitting/Fighting Tiger, but book writes it as 独立打虎 - Dúlì dǎ hǔ - Stand on One Leg and Strike the Tiger)							
	**** (originally written as 独立跨虎 – Dú Lì Kuà Hǔ - Single [Leg] Standing Ride Tiger)							
	Commencing Movements	0	预备式 – Yù Bèi Shì					
			Ready Position					
	Section 1	1	起势 – Qǐ Shì					
			Starting Posture					
		2	并步点剑 – Bìng Bù Diǎn Jiàn	50	4			Also known as: Dragonfly Skims Water (蜻蜓点水; Qīng Tíng Diǎn Shuǐ)
			Feet together straightsword point					
		3	弓步削剑 – Gōng Bù Xiāo Jiàn	50	4			Also known as: Great Bird Spreads Wings (大鹏展翅; Dà Péng Zhǎn Chì)
			Bow stance straightsword slice					
		4	提膝劈剑 – Tí Xī Pī Jiàn	26	4			Also known as: Power/Strength Chopping/Splitting Mount Hua (力劈华山; Lì Pī Huà Shān)
			Raised knee straight sword chop					
		5	左弓步拦 – Zuǒ Gōng Bù Lán	50	4			Also known as: Dusting Off Downwind (迎风掸尘; Yíng Fēng Dǎn Chén)
			Left bow stance block					
		6	左虚步撩 – Zuǒ Xū Bù Liāo	52	60	4		Also known as: Little Big Dipper Posture (小魁星式; Xiǎo Kuí Xīng Shì)
			Left empty stance uppercut [straightsword]					
		7	右弓步撩 – Yòu Gōng Bù Liāo	50	60	4		Also known as: Scoop Moon From Sea Bottom (海底捞月; Hǎi Dǐ Lāo Yuè)
			Right bow stance uppercut [straightsword]					
		8	提膝捧剑 – Tí Xī Pěng Jiàn	26				Also known as: Tiger Holds Head (虎抱头; Hǔ Bào Tóu)
			Raised knee hold sword with both hands					
		9	蹬脚前刺 – Dēng Jiǎo Qián Cì	23				
			Heel kick forward thrust [straightsword]					
		10	跳步平刺 – Tiào Bù Píng Cì	50	4			Also known as: Wild Horse Jumps Brook (野马跳涧; Yě Mǎ Tiào Jiàn)
			Jump step flat thrust [sraightsword]					
		11	转身下刺 – Zhuǎn Shēn Xià Cì	50	4			Also known as: Ne Zha Explores Sea (哪吒探海; Né Zhā Tàn Hǎi)
			Turn body with downward thrust [straightsword]					
		12	弓步平斩 – Gōng Bù Píng Zhǎn	50	4			Also known as: Chop White Snake Waist (腰斩白蛇; Yāo Zhǎn Bái Shé)
			Bow stance flat hack					
		13	弓步崩剑 – Gōng Bù Bēng Jiàn	26	50	4		
			Bow stance straightsword tilt					
		14	歇步压剑 – Xiē Bù Yā Jiàn	4				Also known as: Wind Dancing Dead Leaves (风舞落叶; Fēng Wǔ Luò Yè)
			Resting stance straightsword press					

	Sections	Step	Name of Movements	Codes				Notes
42 Taijijian Routine	Section 2	15	进步绞剑 – Jìn Bù Jiǎo Jiàn	52	68			Also known as: Wind Dancing Dead Leaves (风舞落叶; Fēng Wǔ Luò Yè)
			Advancing step straightsword entangling					
		16	提膝上刺 – Tí Xī Shàng Cì	26				
			Raised knee upward thrust [straightsword]					
		17	虚步下截 – Xū Bù Xià Jié	52	4			Also known as: Black Dragon Swings Tail (乌龙摆尾; Wū Lóng Bǎi Wěi)
			Empty stance downward intercept [straightsword]					
		18	右左平带 – Yòu Zuǒ Píng Dài	50	4			
			Right & left flat bring/carry [straightsword]					
		19	弓步劈剑 – Gōng Bù Pī Jiàn	50	4			
			Bow stance straightsword chop					
		20	丁步托剑 – Dīng Bù Tuō Jiàn					
			Nail stance with straightsword prop					
		21	分脚后点 – Fēn Jiǎo Hòu Diǎn	50	23	4		
			Separating feet back point					
	Section 3	22	仆步穿剑 (右) – Pū Bù Chuān Jiàn (Yòu)	50	4	53		
			Crouching stance threading straightsword (right)					
		23	蹬脚架剑 (左) – Dēng Jiǎo Jià Jiàn (Zuǒ)	50	23	4		
			Heel kick straightsword block (left)					
		24	提膝点剑 (左) – Tí Xī Diǎn Jiàn (Zuǒ)	26				Updated from original 提膝下点 – Tí Xī Xià Diǎn
			Raised knee point straightsword (left)					
		25	仆步横扫 (左) – Pū Bù Héng Sǎo (Zuǒ)	53	50	4		Also known as: Swallow Scoops Water (燕子抄水; Yàn Zi Chāo Shuǐ)
			Crouching stance horizontal sweep (left)					
		26	弓步下截 (右, 左) – Gōng Bù Xià Jié (Yòu, Zuǒ)	50	4			Also known as: Part Grass [to] Search [for] Snake (拨草寻蛇; Bō Cǎo Xún Shé)
			Bow stance intercept down (right, left)					
		27	弓步下刺 – Gōng Bù Xià Cì	50				Also known as: Ne Zha Explores Sea (哪吒探海; Né Zhā Tàn Hǎi)
			Bow stance downward thrust [straightsword]					
		28	右左云抹 – Yòu Zuǒ Yún Mǒ	50	4			
			Right & left cloud wipe					
		29	右弓步劈 – Yòu Gōng Bù Pī	50	4			
			Right bow stance chop					
		30	后举腿架剑 – Hòu Jǔ Tuǐ Jià Jiàn	4				
			Back leg hold up straightsword block					
		31	丁步点剑 – Dīng Bù Diǎn Jiàn					
			Nail stance straight sword point					
		32	马步推剑 – Mǎ Bù Tuī Jiàn	51	4			
			Horse stance push straightsword					
		33	独立上托 – Dú Lì Shàng Tuō	26				Also known as: Single [Leg] Standing Rising Flag (独立挑帘; Dú Lì Tiǎo Lián)
			Single [leg] standing prop up					

	Sections	Step	Name of Movements	Codes				Notes
	Section 4	34	进步挂剑 – Jìn Bù Guà Jiàn	60				Updated from original 挂剑前点 – Guà Jiàn Qián Diǎn
			Advancing step straightsword downward parry					
		35	歇步崩剑 – Xiē Bù Bēng Jiàn	4				Also known as: Dried Tree Coiling Root (枯树盘根; Kū Shù Pán Gēn)
			Resting stance straightsword tilt					
		36	弓步反刺 – Gōng Bù Fǎn Cì	50				
			Bow stance reverse thrust					
		37	转身下刺 – Zhuǎn Shēn Xià Cì	50				
			Turn body thrust down					
		38	提膝提剑 – Tí Xī Tí Jiàn	26	4			
			Raised knee lift/raise straight sword					
		39	行步穿剑 – Xíng Bù Chuān Jiàn	4				
			Arcing traveling step threading straight sword					
		40	摆腿架剑 – Bǎi Tuǐ Jià Jiàn	26				Updated from original 外摆架剑 – Wài Bǎi Jià Jiàn
			Outside crescent kick straight sword block					Baitui (no slap)
		41	弓步直刺 – Gōng Bù Zhí Cì	50	4			Also known as: Needle Pointing South (指南针; Zhǐ Nán Zhēn)
			Bow stance straight thrust					
	Finishing Movements	42	收势 – Shōu Shì					
			Ending posture					