

Second Section

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| 17. 抱虎归山 | bao4 hu3 gui1 shan1 | Embrace the Tiger and Return to Mountain |
| 18. 肘底捶 | zhou3 di3 (kan4) chui2 | Fist Under Elbow |
| 19. 左倒撵猴 | zuo4 dao4 nian3 hou2 | Step Back and Repulse the Monkey, Left |
| 20. 右倒撵猴 | you3 dao4 nian3 hou2 | Step Back and Repulse the Monkey, Right |
| 21. 左倒撵猴 | zuo4 dao4 nian3 hou2 | Step Back and Repulse the Monkey, Left |
| 22. 斜飞式 | xie2 fei1 shi4 | Diagonal Flying |
| 23. 提手上势 | ti2 shou3 shang4 shi4 | Raise Hands and Step Forward |
| 24. 白鹤凉翅 | bai2 he4 liang4 chi4 | White Crane Spreads its Wings |
| 25. 左搂膝拗步 | zuo3 lou1 xi1 ao3 bu4 | Left Brush Knee and Push |
| 26. 海底针 | hai3 di3 zhen1 | Needle at Sea Bottom |
| 27. 扇通背 | shan4 tong1 bei4 | Fan Through the Back |
| 28. 转身撇身捶 | zhuan3 shen1 pie1 shen1 chui2 | Turn Body and Chop with Fist |
| 29. 进步搬拦捶 | jin4 bu4 ban1 lan2 chui2 | Step Forward, Parry Block and Punch |
| 30. 上步拦雀尾 | shang4 bu4 lan2 que4 wei2 | Step Forward and Grasp the Bird's Tail |
| 31. 单鞭 | dan1 bian1 | Single whip |
| 32. 云手 | zuo3 you4 yun2 shou3 (1) | Cloud Hands (1) |
| 33. 云手 | zuo3 you4 yun2 shou3 (2) | Cloud Hands (2) |
| 34. 云手 | zuo3 you4 yun2 shou3 (3) | Cloud Hands (3) |
| 35. 单鞭 | dan1 bian1 | Single whip |
| 36. 高探马 | gao1 tan4 ma3 | High Pat on Horse |
| 37. 右分脚 | you4 fen1 jiao3 | Right Separation Kick |
| 38. 左分脚 | zuo3 fen1 jiao3 | Left Separation Kick |
| 39. 转身左蹬脚 | zhuan3 shen1 zuo3 deng1 jiao3 | Turn Body and Left Heel Kick |
| 40. 左搂膝拗步 | zuo3 lou1 xi1 ao3 bu4 | Left Brush Knee and Push |

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| 41. 右接膝拗步 | you4 lou1 xi1 ao3 bu4 | Right Brush Knee and Push |
| 42. 进步栽锤 | jin4 bu4 zai1 chui2 | Step Forward and Punch Down |
| 43. 转身撇身锤 | zhuan3 shen1 pie1 shen1 chui2 | Turn Body and Chop with Fist |
| 44. 进步搬拦锤 | jin4 bu4 ban1 lan2 chui2 | Step Forward, Parry Block and Punch |
| 45. 右蹬脚 | you4 deng1 jiao3 | Right Heel Kick |
| 46. 左打虎式 | zuo3 da3 hu3 shi4 | Left Strike Tiger |
| 47. 右打虎式 | you4 da3 hu3 shi4 | Right Strike Tiger |
| 48. 回身右蹬脚 | hui2 shen1 you4 deng1 jiao3 | Turn Body and Right Heel Kick |
| 49. 双峰灌耳 | shuang1 feng1 guan4 er3 | Twin Fists Strike Opponents Ears |
| 50. 左蹬脚 | zuo3 deng1 jiao3 | Left Heel Kick |
| 51. 转身右蹬脚 | zhuan3 shen1 you4 deng1 jiao3 | Turn Body and Right Heel Kick |
| 52. 进步搬拦锤 | jin4 bu4 ban1 lan2 chui2 | Step Forward, Parry Block and Punch |
| 53. 如封似闭 | ru2 feng1 si4 bi4 | Apparent Close Up |
| 54. 十字手 | shi2 zi4 shou3 | Cross Hands |