



混元十二式 - Hunyuan 12 steps

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| 1 | 起势 | Qi Shi |
| 2 | 披身捶 | Pi Shen Chui |
| 3 | 背折靠 | Bei Zhe Kao |
| 4 | 青龙出水 | Qing Long Chu Shui |
| 5 | 双推手 | Shuang Tui Shou |
| 6 | 三换掌 | San Huan Zhang |
| 7 | 倒卷帘 | Dao Juan Hong |
| 8 | 退步压肘 | Tui Bu Ya Zhou |
| 9 | 掩手闲捶 | Yan Shou Hong Chui |
| 10 | 煞腰压肘 | Sha Yao Ya Zhou |
| 11 | 当头炮 | Dang Tou Pao |
| 12 | 收势 | Shou Shi |