



混元九式 - Hunyuan 9 steps

1	起势	Qi Shi
2	金刚捣碓	Jin Gang Dao Dui
3	懒扎衣	Lan Zha Yi
4	如封似闭	Ru Feng Si Bi
5	单鞭	Dan Bian
6	白鹤亮翅	Bai He Liang Chi
7	煞腰压肘	Sha Yao Ya Zhou
8	当头炮	Dang Tou Pao
9	收势	Shou Shi