

1. Salute (left and right)
  2. Begin (Raise hand, step up)
  3. Raise up the stick (right step back)
  4. Chop to the left (left step)
  5. Stick out to the front (right step)
  6. Twist and press to left (left step back)
  7. Twist and press to left (left step)
  8. Twist and press to right (right step)
  9. Push to left (left step)
  10. Push to right (right step)
  11. Hang stick (flash step = right foot up)
  12. Insert stick (raise up, insert right) (step left foot)
  13. Up Scoop (right step back)
  14. Down, press twist to front (right step)
  15. Twist and press to front (right step)
  16. Frame up (raise up and down, stir and push out)
  17. Turn body right stir to right (sweep left foot)  
Turn to back side
  18. Sweep Left (left step)
  19. Sweep right (right step)
- Following repeat 4-19
20. Chop to the left (left step)
  21. Stick out to the front (right step)
  22. Twist and press to left (left step back)
  23. Twist and press to left (left step)
  24. Twist and press to right (right step)
  25. Push to left (left step)
  26. Push to right (right step)
  27. Hang stick (flash step = right foot up)
  28. Insert stick (raise up, insert right) (step left foot)
  29. Up Scoop (right step back)
  30. Down and press twist to front (right step)
  31. Twist and press to front (right step)
  32. Frame up (raise up and down, stir and push out)
  33. Turn body right stir to right (sweep left foot)  
Turn to back side
  34. Sweep Left (left step)
  35. Sweep right (right step)
  36. Sweep Left (left step)
  37. closing (left" finger position", right hold stick) (left foot empty)  
"finger position" = index and middle finger stretch out slight upward.

1. 敬禮 (先左後右)
2. 起勢 (提手上式) (右前踏前一步)
3. 舉棍 (右回退一步, 拿棍上抬, 右手在上)
4. 左斜劈棍 (左上步)
5. 向前粘推出(右上步)
6. 左絞壓棍(左后撤)
7. 左絞壓棍 (左上步)
8. 右絞壓棍 (右上步)
9. 左推棍 (左上步)
10. 右推棍 (右上步)
11. 掛棍 (右收步=閃步)
12. 插棍 (堤棍, 向右插) (右落步)
13. 上撩棍(右退步)
14. 落下向前絞推棍(右上步)
15. 向前絞推棍(右踏步)
16. 架棍(舉棍上落)向前絞推出
17. 轉身右橫掃棍 (撥棍) (掃左腳)  
轉後方
18. 左橫掃棍(左上步),
19. 右橫掃棍(右上步)  
以下 = (重複4-19)
20. 左斜劈棍 (左上步)
21. 向前粘推出(右上步)
22. 左絞壓棍(左后撤)
23. 左絞壓棍 (左上步)
24. 右絞壓棍 (右上步)
25. 左推棍 (左上步)
26. 右推棍 (右上步)
27. 掛棍 ((右收步=閃步)
28. 插棍 (堤棍, 向右插) (右落步)
29. 上撩棍(向上舉棍)(右退步)
30. 落下向前絞推棍(右上步)
31. 向前絞推出(右上步)
32. 架棍(舉棍上落)向前絞推出
33. 轉身右橫掃棍 (掃左腳)  
轉後方
34. 左橫掃棍(左上步),
35. 右橫掃棍(右上步),
36. 左橫劈棍(左上步)
37. 收勢 (左"指勢", 右手握棍收回) 左虛步  
(左掌食指中指并拢伸直指尖略向上)。

