

"Chen Family Supreme Ultimate Boxing Cannon Fist"
(Chén Jiā Tài Jí Quán Pào Chúi)

1. "Open the Form" (Qǐ Shì)
2. "The Buddhist Deity Pounds His Fist" (Jīn Gāng Dǎo Chúi)
3. "Casually Roll Up the Clothes" (Lǎn Zhā Yī)
4. "Gather the Hands" (Hé Shǒu)
5. "Single Whip" (Dān Biān)
6. "Move & Intercept with the Elbow" (Bān Lán Zhǒu)
7. "Protecting Heart Fist" (Hù Xīn Chúi)
8. "Opposite Footstep & Slanting Walk" (Ào Bù Xié Xíng)
9. "Malignant Deity Twists & Elbow Strikes" (Shà Níng Zhǒu Chúi)
10. "Strike into the Square-well Fence" (Jǐng Lán Zhí Rù)
11. "The Wind Scatters the Plum Blossoms" (Fēng Sǎo Méi Huā)
12. "The Buddhist Deity Pounds His Fist" (Jīn Gāng Dǎo Chúi)
13. "Protecting Body Fist" (Bì Shēn Chúi)
14. "Landing Body Fist" (Bān Shēn Chúi)
15. "Chopping Hand" (Zhǎn Shǒu)
16. "Turning Flowers & Brandishing Sleeves" (Fān Huā Wú Xiù)
17. "Covering Hand Fist" (Yǎn Shǒu Chúi)
18. "Flying Footstep with Inverted Phoenix" [Opposite Side] Elbow"
(Fēi Bù Ào Luán Zhǒu)
19. "Mopping Hands" (Yún Shǒu)
20. "High Pat on the Horse" (Gāo Tàn Mǎ)
21. "Mopping Hands" (Yún Shǒu)
22. "High Pat on Horse" (Gāo Tàn Mǎ)
23. "Continuous Cannon Strikes" (Sù Zhū Jiāo)
24. "Mount the Female Unicorn Backwards" (Dào Qí Lín)
25. "The White Snake Flicks Its Tongue" (Bái Shé Tú Xīn)
26. "Turning Flowers from under the Sea" (Hǎi Dǐ Fān Huā)
27. "Covering Hand Fist" (Yǎn Shǒu Chúi)
28. "Turning Body with Six Coverings" (Zhuàn Shēn Liù Hé)
29. "Left Wrap Whip Cannon" (Zuǒ Guǒ Biān Pào)
30. "Right Wrap Whip Cannon" (Yòu Guǒ Biān Pào)
31. "Animal Head Posture" (Shòu Tóu Shì)
32. "Splitting Open Posture" (Pǐ Jià Zǐ)



33. "Turning Flowers & Brandishing Sleeves" (Fān Huā Wú Xiù)
34. "Covering Hand Fist" (Yǎn Shǒu Chúi)
35. "Crouching Tiger Posture" (Fú Hǔ Shì)
36. "Mopping Eyeball Strike" (Mǒ Méi Hóng)
37. "Right Yellow Dragon--Three Waters Stirring" (Yòu Huáng Lóng Sān Jiǎo Shǔi)
38. "Left Yellow Dragon--Three Waters Stirring" (Zuǒ Huáng Lóng Sān Jiǎo Shǔi)
39. "Left Heel Kick" (Zuǒ Dēng Yī Gēn)
40. "Right Heel Kick" (Yòu Dēng Yī Gēn)
41. "Turning Flowers from under the Sea" (Hǎi Dǐ Fān Huā)
42. "Covering Hand Fist" (Yǎn Shǒu Chúi)
43. "Ground Sweeping Leg" (Sǎo Dì Tǔi)
44. "Covering Hand Fist" (Yǎn Shǒu Chúi)
45. "Left Charge" (Zuǒ Chōng)
46. "Right Charge" (Yòu Chōng)
47. "Reverse Thrust" (Dào Chā)
48. "Turning Flowers from under the Sea" (Hǎi Dǐ Fān Huā)
49. "Covering Hand Fist" (Yǎn Shǒu Chúi)
50. "Seize with Both Elbows" (Duó Èr Zhǒu)
51. "Linking Cannon" (Lián Huán Pào)
52. "Young Maiden Weaves with the Shuttle" (Yù Nǚ Chuān Suō)
53. "Turning Away from the Cannon Blow" (Huí Tuó Dāng Mén Pào)
54. "Young Maiden Weaves with the Shuttle" (Yù Nǚ Chuān Suō)
55. "Turning Away from the Cannon Blow" (Huí Tuó Dāng Mén Pào)
56. "Slanting Body Fist" (Piē Shēn Chúi)
57. "Inverted Phoenix [Opposite Side] Elbow" (Ào Luán Zhǒu)
58. "Compliant Phoenix [Same Side] Elbow" (Shūn Luán Zhǒu)
59. "Penetrating Heart Elbow" (Chuān Xīn Zhǒu)
60. "Close Range Cannon" (Wō Guǒ Pào)
61. "Strike into the Square-well Fence" (Jǐng Lán Zhí Rù)
62. "The Wind Scatters the Plum Blossoms" (Fēng Sǎo Méi Huā)
63. "The Buddhist Deity Pounds His Fist" (Jīn Gāng Dǎo Chúi)
64. "Close the Form" (Shōu Shì)