

Old Frame Version-1

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| 1. Commencing Form | 2. King Kong Pounds Mortar |
| 3. Grasp the Robe | 4. Close & Seal |
| 5. Single Whip | 6. King Kong Pounds Mortar |
| 7. The Crane Spreads Wings | 8. Step Obliquely |
| 9. Brush Knees | 10. Wade Forward |
| 11. Step Obliquely | 12. Brush Knees |
| 13. Wade Forward | 14. Parry & Punch |
| 15. King Kong Pounds Mortar | 16. Flinging Fists |
| 17. Dragon Bounce | 18. Push Hands |
| 19. View Fist from Elbow | 20. Reverse Arms |
| 21. Crane Spreads Wings | 22. Step Obliquely |
| 23. Shoulder Throw | 24. Parry & Punch |
| 25. Close & Seal | 26. Single Whip |
| 27. Cloud Hands | 28. High Pat the Horse |
| 29. Right Foot Kick | 30. Left Foot Kick |
| 31. Left Heel Kick | 32. Wade Forward with Palm Strikes |
| 33. Strike the Ground | 34. Double Kicks |
| 35. Heart Guarding Fist | 36. Whirlwind Kick |
| 37. Right Heel Kick | 38. Parry & Punch |
| 39. Capture Grip | 40. Push The Mountain |
| 41. Close & Seal | 42. Single Whip |
| 43. Front Hack | 44. Rear Hack |
| 45. Split the Horse Mane | 46. Close & Seal |
| 47. Single Whip | 48. Fair lady works at the shuttle |
| 49. Grasp The Robe | 50. Close & Seal |
| 51. Single Whip | 52. Cloud Hands |
| 53. Fall & Bounce | 54. Rooster Stand |
| 55. Reverse Arms | 56. Crane Spreads Wings |
| 57. Step Obliquely | 58. Shoulder Throw |
| 59. Parry & Punch | 60. Close & Seal |
| 61. Single Whip | 62. Cloud Hands |
| 63. High Pat The Horse | 64. Cross Legs |
| 65. Palm Against Fist | 66. Monkey Picks Fruit |
| 67. Single Whip | 68. From Bird to Dragon |
| 69. Step Up For Stars | 70. Step Down To Ride a Tiger |
| 71. Turn Round with Lotus Kick | 72. Canon Fists |
| 73. King Kong Pounds Mortar | 74. Closing Form |