



Old Frame Routine-1 (Free Translation)

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| 1. Commencing Form | 2. Jin Gang Pounds Mortar |
| 3. Grasp the Robe | 4. Close & Seal |
| 5. Single Whip | 6. Jin Gang Pounds Mortar |
| 7. 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. Jin Gang Pounds Mortar | 16. Flinging Fists |
| 17. Dragon Bounces | 18. Push Hands |
| 19. View Fist from Elbow | 20. Reversing 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. Brush Right Foot | 30. Brush Left Foot |
| 31. Left Heel Kick | 32. Wade Forward. |
| 33. Strike the Ground | 34. Return with Double Kicks |
| 35. Chest Guarding Fist | 36. Whirlwind Kick |
| 37. Right Heel Kick | 38. Parry & Punch |
| 39. Mini Qinna | 40. Push The Hill with Head |
| 41. Close & Seal | 42. Single Whip |
| 43. Front move | 44. Back move |
| 45. Split the Horse Mane | 46. Close & Seal |
| 47. Single Whip | 48. Fairy Weaving at Shuttle |
| 49. Grasp The Robe | 50. Close & Seal |
| 51. Single Whip | 52. Cloud Hands |
| 53. Drop & Bounce | 54. Rooster Stands Left & Right |
| 55. Reversing 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. Crossing Legs |
| 65. Crotch Punch | 66. Monkey Grasps Nuts |
| 67. Single Whip | 68. Bird Ground Dragon |
| 69. Step Up for The DIPPER | 70. Step Down To Ride a Tiger |
| 71. Turn with Lotus Kick | 72. Cannon Fists |
| 73. Jin Gang Pounds Mortar | 74. Closing Form |