

Swimming Dragon Bagua Palm

1. Lean on the Horse to Inquire the Way
2. Hide Flowers Beneath the Leaves
3. Wild Goose Leaves the Flock
4. Swallow Skims the Water, Left
5. Swallow Skims the Water, Right
6. Behind Body Scooping Palm
7. Piercing Palm
8. Turn and Behind Body Scooping Palm
9. Embracing Elbows
10. Fan Palm
11. Sway the Body and Stretch the Right Hand
12. Downward Swinging Palm
13. Snake Palm, Left
14. Snake Palm, Right
15. Cover the Elbow, Left
16. Cover the Elbow, Right
17. Right Behind Body Scooping Palm
18. Left Piercing Palm
19. Left Fan Palm
20. Collapsing Palm
21. Turn Body Like a Millstone #1
22. Turn Body Like a Millstone #2
23. Battering Ram Palm
24. Retreat and Slide Palm
25. Left Behind Body Scooping Palm
26. Battering Ram Palm
27. Fan Palm
28. Left Piercing Palm
29. Right Behind Body Scooping Palm
30. Battering Ram Palm, Left
31. Left Behind Body Scooping Palm
32. Right Piercing Palm
33. Left Piercing Palm
34. Fan Palm and Shovel Kick
35. Turning Body Palm
36. Return Palm
37. Purple Swallow Throws the Scissors
38. Black Bear Turns over its Body
39. Conclusion

龍形八卦掌

黃柏年 著

1. 倚馬向路
2. 叶底藏花
3. 鴻雁三群
4. "左"燕子抄水
5. "右"燕子抄水
6. 臂後插掌 (左)
7. 順勢穿掌
8. 背後插掌
9. 抱肘
10. 擗掌
11. 搖身右探掌
12. 扣掌
13. "左"蛇掌
14. 右蛇掌
15. "左"掩肘
16. 右掩肘
17. 右背後插掌
18. 差穿掌
19. "左"探掌
20. 塌掌
21. 磨身掌 #1

22. 磨身掌 #2
23. 進步挂掌
24. 退步滑掌
25. "左"背後插掌
26. 回身撞掌 (右)
27. 擗掌 (右)
28. 穿掌 (左)
29. 背後插掌 (右)
30. 撞掌 (左)
31. 回身背後插掌 (左)
32. 穿掌 (右)
33. 穿掌 (左)
34. 擗掌鐘腿 (右)
35. 搖身掌 (右)
36. 回身掌 (右)
37. 紫燕挽翦 (右)
38. 轉身回後黑熊反背
39. 完