

Fast Set - Tai Chi Chuan, Master Tung Kai Ying

1. Yu Pei Shih - Preporatory Position
2. Lan Ch'ieh I - Grasp and Tuck In The Gown
3. Tan Pien - Single Whip
4. Pai Ho Liang Ch'ih - White Crane Spreads Its Wings
5. Tso Lou Hsi Niu Pu - Brush Left Knee and Push
6. Shou Hui P'i P'a - Playing The Guitar
7. Tso Lou Hsi Niu Pu - Brush Left Knee and Push
8. Yu Lou Hsi Niu Pu - Brush Right Knee and Push
9. Tso Lou Hsi Niu Pu - Brush Left Knee and Push
10. Shou Hui P'i P'a - Playing The Guitar
11. Tso Lou Hsi Niu Pu - Brush Left Knee and Push
12. T'iao Pu Pan Lan Ch'ui - Jumping And Punch Down
13. Ju Feng Szu Pi - Retreat and Seal
14. Pao Hu Kuei Shan - Carry Tiger And Return To The Mountain
15. Chou Ti K'an Ch'ui - Fist Under The Elbow
16. Tao Nien Hou - Step Back And Repulse The Monkey
17. Hsieh Fei Shih - Slant Flying
18. Pai Ho Liang Ch'ih - White Crane Spreads Its Wings
19. Tso Lou Hsi Niu Pu - Brush Left Knee and Push
20. Hai Ti Chen - Needle At The Bottom Of The Sea
21. Shan T'ung Pi - Raise Arms and Push
22. P'ieh Shen Ch'ui - Fist Near The Waist
23. Shang Pu Pan Lan Ch'ui - Step Forward And Punch
24. Lan Ch'ieh I - Grasp and Tuck In The Gown
25. Tan Pien - Single Whip
26. Yun Shou - Cloud Hands
27. Tan Pien - Single Whip -
28. Kao T'an Ma - High Pat On Horse
29. Yu Fen Chio - Kick To The Right
30. Tso Fen Chio - Kick To The Left
31. Chuan Shen Teng Chio - Turn Back And Kick
32. Tso Lou Hsi Niu Pu - Brush Left Knee and Push
33. Yu Lou Hsi Niu Pu - Brush Right Knee and Push
34. Chin Pu Tsai Ch'ui - Step Forward and Punch Down
35. Zhuan Shen Shang Pu Pan Lan Ch'ui - Turn Around, Step Up, Deflect Downward, Parry and Punch
36. Hsieh Shen Yu Teng Chio - Right Heel Kick
37. Ta Hu Shih - Strike The Tiger
38. Tso Teng Chio - Left Heel Kick
39. Chuan Shen Yu Teng Chio - Turn Around And Kick
40. T'iao Pu Pan Lan Ch'ui - Jumping And Punch Down
41. Ju Feng Szu Pi - Retreat and Seal
42. Pao Hu Kuei Shan - Carry Tiger And Return To The Mountain
43. Hsieh Tan Pien - Diagonal Single Whip
44. Yeh Ma Fen Tsung - Wild Horse Separates Its Mane

45. Lan Ch'ieh I - Grasp and Tuck In The Gown
46. Tan Pien - Single Whip
47. Yü Nü Ch'uan So - Fair Lady At The Shuttle
48. Lan Ch'ieh I - Grasp and Tuck In The Gown
49. Tan Pien - Single Whip
50. Yun Shou - Cloud Hands
51. Tan Pien - Single Whip
52. Tan Pien Hsia Shih - Single Whip Lower Posture
53. Chin Chi Tu Li - Golden Cock Stands On One Leg
54. Tao Nien Hou - Step Back And Repulse The Monkey
55. Hsieh Fei Shih - Slant Flying
56. Pai Ho Liang Ch'ih - White Crane Spreads Its Wings
57. Tso Lou Hsi Niu Pu - Brush Left Knee And Push
58. Hai Ti Chen - Needle At The Bottom Of The Sea
59. Shan T'ung Pi - Raise Arms and Push
60. P'ieh Shen Ch'ui - Fist Near The Waist
61. Shang Pu Pan Lan Ch'ui - Step Forward And Punch
62. Lan Ch'ieh I - Grasp and Tuck In The Gown
63. Tan Pien - Single Whip
64. Yun Shou - Cloud Hands
65. Tan Pien - Single Whip
66. Kao T'an Ma - High Pat On Horse
67. Tai Ch'uan Chang - Thrust Out Palm
68. Chuan Shen Shih Zi Pai Lian - Turn And Make The Single Lotus Kick
69. Chin Pu Chih Tang Ch'ui - Step Forward And Punch Groin
70. Lan Ch'ieh I - Grasp and Tuck In The Gown
71. Tan Pien - Single Whip
72. Tan Pien Hsia Shih - Single Whip Lower Posture
73. Shang Pu Ch'i Hsing Ch'ui - Step Forward And Seven Stars Punch
74. T'ui Pu K'ua Hu - Step Back And Ride Tiger
75. Chuan Shen Shuang Pai Lian - Turn Around And Double Lotus Kick
76. Wan Kung She Hu - Pull Bow And Shoot Tiger
77. T'iao Pu Pan Lan Ch'ui - Jumping And Punch Down
78. Ju Feng Szu Pi - Retreat and Seal
79. Shih Tzu Shou - Cross Hands
80. Ho Tai Chi - T'ai Chi Ch'uan, Ending Movement