

七步三战**Qī bù sān zhàn****Seven Steps Three Battles**

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| 1: | 预备式 | Yùbèi shì | Preparation ceremony |
| 2: | 起式请拳 | Qǐ shì qǐng quán | Opening salute |
| 3: | 半月沉江 | Bànyuè chén jiāng | Half-moon sinks into the river |
| 4: | 孩儿捧花 | Hái'ér pěng huā | Child offers the flower |
| 5: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| 6: | 双龙探海 | Shuānglóng tàn hǎi | Twin dragons explore the sea |
| 7: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| Repeat (7 steps) | | | |
| 20: | 青龙出水
(Repeat) | Qīnglóng chūshuǐ | Green dragon comes out of the water |
| 22: | 一枝梅花 | Yīzhī méihuā | Plum flower branch |
| 23: | 将军出箭
(Repeat) | Jiāngjūn chū jiàn | The general shoots an arrow |
| 25: | 霸王开弓 | Bà wáng kāi gōng | Tyrant king draws the bow |
| 26: | 将军出箭 | Jiāngjūn chū jiàn | The general shoots an arrow |
| 27: | 孩儿抱斗 | Hái'ér bào dòu | Child holds the cup |
| 28: | 收式请拳 | Shōu shì qǐng quán | Closing salute |
| 29: | 半月沉江 | Bànyuè chén jiāng | Half-moon sinks into the river |
| 30: | 收式 | Shōu shì | Closing ceremony |