

十三太保**Shísān Tàibǎo****Thirteen Royal Guards**

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	Háier pěng huā	Child offers the flower
5:	双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
6:	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
7:	双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
8:	双龙探海	Shuānglóng tàn hǎi	Twin dragons explore the sea
9:	双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
10:	拨水求鱼	Bō shuǐ qiú yú	Part the water to seek the fish
11:	白鹤冲天	Báihè chōngtiān	White crane soars into the sky
12:	昭阳散弹	Zhāo yáng sàn dàn	A shot rising

(Repeat x2)

27:	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
28:	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
29:	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
30:	玷鞋出线	Diàn xié chūxiàn	Pull the laces, break the shoe
31:	白鹤剪翼	Báihè jiǎn yì	White crane scissors its wings
32:	虾蛄擢脚	Xiā gū zhì jiǎo	Mantis shrimp thrusts its legs
33:	白鹤摇胛	Báihè yáo jiǎ	White crane shakes its shoulders
34:	锦盘摇珠	Jǐn pán yáo zhū	Coil the brocade, shake the pearls
35:	白鹤扇胛	Báihè shàn jiǎ	White crane fans its shoulder
36:	白鹤弹翅	Báihè dàn chì	White crane flicks its wing
37:	霸王开弓	Bàwáng kāi gōng	Tyrant king draws the bow
38:	白鹤盖膊	Báihè gài bó	White crane covers its shoulder
39:	白鹤扑翼	Báihè pū yì	White crane flaps its wing
40:	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
41:	微风拔树	Wéifēng bá shù	The breeze stirs the tree
42:	双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
43:	双龙探海	Shuānglóng tàn hǎi	Twin dragons explore the sea
44:	双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
45:	拨水求鱼	Bō shuǐ qiú yú	Part the water to seek the fish
46:	白鹤冲天	Báihè chōngtiān	White crane soars into the sky
47:	昭阳散弹	Zhāo yáng sàn dàn	A shot rising
48:	霸王开弓	Bàwáng kāi gōng	Tyrant king draws the bow
49:	白鹤扫翅	Báihè sǎo chì	White crane sweeps its wing
50:	青龙滚水	Qīnglong gǔnshuǐ	Green dragon rolls/boils the water
51:	走马回枪	Zǒumǎ huí qiāng	Ride the horse, return the spear

52:	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
53:	狸猫洗脸	Límāo xǐliǎn	Leopard cat washes its face
54:	收式请拳	Shōu shì qǐng quán	Closing salute
55:	半月沉江	Bànyuè chén jiāng	Half-moon sinks into the river
56:	式收	Shì shōu	Closing ceremony