**Lok Hup Ba Fa**

(Six Combinations, Eight Methods, Spirit and Mind Boxing)

(**Body** unites with **Mind, Mind** unites with **Intent, Intent** unites with **Chi, Chi** unites with **Spirit, Spirit** unites with **Movement, Movement** unites with **Emptiness**)

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| **1st Half** | **2nd Half** |
| 1. Stop Cart and Ask Directions
2. Hold Horse At Cliff
3. Close Door And Push Moon
4. Part Clouds And See Sun
5. Hold Horse At Cliff
6. Replace Star And Change North Star
7. Geese Flying In Pairs
8. Close Door And Push Moon
9. Lonely Goose Leaves Flock
10. Wild Horse Chases The Wind
11. Water Running, Never Ceasing
12. Lying Tiger Listens To Wind
13. Make Sounds At East And Hit West
14. Green Dragon Stretches Its Claws
15. Emergence Of Golden Pill After Nine Turns
16. Part Clouds And See Sun
17. Push Boat On Water
18. Angry Horse Turns Head
19. Flowers Fall On Board
20. High Mountains and Running Water
21. Child Delivers Letter
22. Lumberjack Carries Logs
23. Heavenly Lord Points At Star
24. Five Clouds Holds The Sun
25. Support Sky And Cover Earth
26. Swallow Skims Water
27. Morning Sunshine Fills The Ears
28. Intercept And Double Push
29. Gentle Wind Sweeps The Leaves
30. Swallow Carries Sand
31. Monkey Picks Fruit
 | 1. Wild Tiger Turns Head
2. Swirl The Universe
3. Wind Sways The Water Lilies
4. Cover Hand And Push Forward
5. Cover Face With Fiddle
6. Comet Chases Moon
7. Swallow Flies Diagonally
8. Phoenix Faces Sun
9. Stirring Rivers And Seas
10. Ride Backward On Dragon
11. Raccoon Chases Butterfly
12. Lift Beam And Change Pillar
13. Wind Swirls Broken Clouds
14. Dragon Shows Body
15. Black Dragon Turns Tail
16. Share Autumn Scene Equally
17. Watch Flowers On Running Horses
18. Supreme Start Points To North Star
19. Swallow Penetrates Clouds
20. Raise Oxherder To Seven Stars
21. Geese Fly Horizontally
22. Yellow Dragon Turns Body
23. Five Saints Prostrate To Heaven
24. Hide Lotus Under Leaf
25. Phoenix Spreads Wings
26. White Crane Pecks At Food
27. Moon Hangs On Pine Top
28. Pull Ox By Tail
29. Child Holds Harp
30. Rhinoceros Looks At Moon
31. Morning Dove Flies Through Forest
32. Red Dragon Stirs The Water
33. Wind Moves Floating Ripples
34. Chi Rises To Mount Kun Lun
35. Contain Chi And Open All Gates
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