**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 |