

杨 氏太极拳拳式名称顺序

Yáng Shì Tài Jí Quán Quán Shì Míng Chēng Shùn Xù Names of the traditional Yang Style Taiji Long Form 85 Movements

1st Part			
1	预 备 式	yù bèi shì	Preparation Position
2	太 极 起 式	Taiji qǐ shì	Commencement of Taiji
3	揽 雀 尾	lǎn què wěi	Grasp Sparrow's Tail
	左 棚	zuǒ péng	Ward off left
	右 棚	yòu péng	Ward off right
	捋	lǚ	Pull Back
	挤	jǐ	Press forward
	按	àn	Push
4	单 鞭	dān biān	Single Whip
5	提手上式	tí shǒu shàng shì	Step forward and Rise hands
6	白 鹤 晾 翅	bái hè liàng chì	the White Crane spread its wings
7	左 搂 膝 拗 步	zuǒ lōu xī ǎo bù	Brush the left knee and push
8	手 挥 琵 琶	shǒu huī pípa	Play the Lute
9	左 搂 膝 拗 步	zuǒ lōu xī ǎo bù	Brush the left knee and push
10	右 搂 膝 拗 步	yòu lōu xī ǎo bù	Brush the right knee and push
	左 搂 膝 拗 步	zuǒ lōu xī ǎo bù	Brush the left knee and push
11	手 挥 琵 琶	shǒu huī pípa	Play the Lute
12	左 搂 膝 拗 步	zuǒ lōu xī ǎo bù	Brush the left knee and push
13	进 步 搬 拦 捶	jìn bù bān lán chuí	Step forward, deflect, parry and strike
14	如 封 似 闭	rú fēng sì bì	Apparent close up
15	十 字 手	shí zì shǒu	Crossing the hands

2nd Part			
16	抱 虎归山	bào hǔ guī shān	Embrace the Tiger and carry it to the mountain
	捋	lǚ	Pull Back
	擠	jǐ	Press forward
	按	àn	Push
17	肘底看捶	zhǒu dǐ kàn chuí	Fist under the elbow (four movements)
18	右倒撵猴	yòu dào niǎn hóu	Step back and repulse the monkey - right
19	左倒撵猴	zuǒ dào niǎn hóu	Step back and repulse the monkey - left
	右倒撵猴	yòu dào niǎn hóu	Step back and repulse the monkey - right
20	斜飞式	xié fēi shì	Slanting flight
21	提手上式	tí shǒu shàng shì	Step forward and Rise hands
22	白鹤 晾翅	bái hè liàng chì	the White Crane spread its wings
23	左搂 膝拗步	zuǒ lōu xī ǎo bù	Brush the left knee and push
24	海底针	hǎi dǐ zhēn	Needle at the bottom of the sea
25	扇通臂	shàn tōng bèi	Hands like Fan
26	(转身)撇身捶	zhuǎn shēn - piē shēn chuí	Turn around and strike with the fist
27	上步 搬拦捶	shàng bù bān lán chuí	Step forward, deflect, parry and strike
28	上步 揽雀尾	shàng bù lǎn què wěi	Step and Grasp Sparrow's Tail
			(separation of both arms and step forward)
	右 棚	yòu péng	Ward off right
	捋	lǚ	Pull Back
	擠	jǐ	Press forward
	按	àn	Push
29	单鞭	dān biān	Single Whip
30	左右云手	zuǒ yòu yún shǒu	Waving hands like clouds (1 - dx)
31	左右云手	zuǒ yòu yún shǒu	Waving hands like clouds (2 - sx)
	右云手	yòu yún shǒu	Waving hands like clouds (3 - dx)
	左云手	zuǒ yún shǒu	Waving hands like clouds (4 - sx)

32	单鞭	dān biān	Single Whip
33	高探马	gāo tàn mǎ	High pat on horse
34	右分脚	yòu fēn jiǎo	Separation of right foot
35	左分脚	zuǒ fēn jiǎo	Separation of left foot
36	转身左蹬脚	zhuǎn shēn-zuǒ dēng jiǎo	Turn(vs. sx) and kick with left heel
37	左右搂膝拗步	zuǒ- yòu lōu xī ǎo bù	Left - Right Brush the knee and push
	左搂膝拗步	zuǒ lōu xī ǎo bù	form left
	右搂膝拗步	yòu lōu xī ǎo bù	form right
38	进步栽捶	jìn bù zāi chuí	Step and punch downward
39	(转身)撇身捶	(zhuǎn shēn) piē shēn chuí	Turn(vs. right) and chop with a hammer fist
40	上步搬拦捶	shàng bù bān lán chuí	Step forward, deflect, parry and strike
41	斜身右蹬脚	Xié shēn yòu dēng jiǎo	Slanting body and kick with right heel upward
42	左右打虎势	Zuǒ-yòu dǎ hǔ shì	Hit tiger at left and right
	左打虎势		form left
	右打虎势		form right
43	回身右蹬脚	huí shēn yòu dēng jiǎo	Turn(vs. sx) and kick with right heel upward
44	双峰贯耳	shuāng fēng guàn ěr	Strike opponent's ears with both fist
45	左蹬脚	zuǒ dēng jiǎo	Kick with left heel
46	转身右蹬脚	zhuǎn shēn yòu dēng jiǎo	Turn around (clockwise) and kick with right heel
47	上步搬拦捶	shàng bù bān lán chuí	Step forward, deflect, parry and strike
48	如封似闭	rú fēng sì bì	Apparent close up
49	十字手	shí zì shǒu	Crossing the hands (hands like word ten)

3rd Part			
50	抱虎归山	bào hǔ guī shān	Embrace the Tiger and carry it to the mountain
	捋	lǚ	Pull Back
	擠	jǐ	Press forward
	按	àn	Push
51	斜单鞭	xié dān biān	Slanting single whip
52	左右野马分鬃	zuǒ -yòu yě mǎ fēn zōng	Separating the wilde horse's mane left and right
	右野马分鬃	mov. 1	to the right
	左野马分鬃	mov. 2	to the left
	右野马分鬃	mov. 3	to the right
53	揽雀尾	lǎn què wěi	Grasp Sparrow's Tail
	左 棚	zuǒ péng	Ward off left
	右 棚	yòu péng	Ward off right
	捋	lǚ	Pull Back
	擠	jǐ	Press forward
	按	àn	Push
54	单鞭	dān biān	Single Whip
55	玉女穿梭	yù nǚ chuān suō	Jade Lady works the shuttle (four corners)-mov1
		yù nǚ chuān suō	mov. 2
		yù nǚ chuān suō	mov. 3
		yù nǚ chuān suō	mov. 4
56	揽雀尾	Lǎn què wěi	Grasp Sparrow's Tail
	左 棚	zuǒ péng	Ward off left
	右 棚	yòu péng	Ward off right
	捋	lǚ	Pull Back
	擠	jǐ	Press forward
	按	àn	Push
57	单鞭	dān biān	Single Whip
58	左右云手	zuǒ yòu yún shǒu	Wave hands like clouds (left-right : 1-right)
	左右云手	zuǒ yòu yún shǒu	(2-left)
	左右云手	zuǒ yòu yún shǒu	(3-right)
	左右云手	zuǒ yòu yún shǒu	(4-left)

59	单鞭下势	dān biān xià shì	Single whip - Low form
	单鞭	dān biān	Single Whip
	下势	xià shì	Snake creeps down
60	金鸡独立	jīn jī dú lì	The Golden Cock stands on one leg (two mov.)
	右 金鸡独立	yòu jīn jī dú lì	form right (right leg raised)
	左 金鸡独立	zuǒ jīn jī dú lì	form left (left leg raised)
61	左右 倒撵猴	zuǒ -yòu dào niǎn hóu	Step back and repulse the monkey left - right
	右 倒撵猴	yòu dào niǎn hóu	Step back and repulse the monkey - right
	左 倒撵猴	zuǒ dào niǎn hóu	Step back and repulse the monkey - left
	右 倒撵猴	yòu dào niǎn hóu	Step back and repulse the monkey - right
62	斜飞势	xié fēi shì	Slanting flying
63	提手上势	tí shǒu shàng shì	Step forward and Rise hands
64	白鹤晾翅	bái hè liàng chì	White Crane spread its wings
65	左 搂膝拗步	Zuǒ lōu xī ǎo bù	Brush the left knee and push
66	海底针	hǎi dǐ zhēn	Needle at the bottom of the sea
67	扇通臂	shàn tōng bèi	Hands like Fan
68	(转身)白蛇吐信	zhuǎn shēn-bái shé tù xìn	Turn (clockwise) - white snake shows tongue
69	上步 搬拦捶	shàng bù bān lán chuí	Step forward, deflect downward, parry and strike
70	上步 揽雀尾	shàng bù lǎn què wěi	Step up and Grasp Sparrow's Tail
	右 棚	yòu péng	Ward off right
	捋	lǚ	Pull Back
	挤	jǐ	Press forward
	按	àn	Push
71	单鞭	dān biān	Single whip
72	左右 云手	zuǒ yòu yún shǒu	Waving hands like clouds - left and right
	右 云手	yòu yún shǒu	Waving hands like clouds - right
	左 云手	zuǒ yún shǒu	Waving hands like clouds - left
	右 云手	yòu yún shǒu	Waving hands like clouds - right
	左 云手	zuǒ yún shǒu	Waving hands like clouds - left
73	单鞭	dān biān	Single whip

74	高探马 穿掌	gāo tàn mǎ chuān zhǎng	High pat on horse and hit with left hand
75	转 身 十字腿	zhuǎn shēn shí zì tuǐ	Turn (clockwise) - Cross leg (kick with right foot)
76	进 步指裆捶	jìn bù zhǐ dāng chuí	Step forward and hit in the groin
77	上步 揽雀尾	shàng bù lǎn què wěi	Step up and Grasp Sparrow's Tail
78	单鞭下势	dān biān - xià shì	Single whip - Low form
	单鞭	dān biān	Single whip
	下势	xià shì	Snake creeps down
79	上步 七星捶	shàng bù qī xīng chuí	Step up to form seven star punch
80	退步 跨虎	tuì bù kuà hǔ	Step back and ride the tiger
81	转 身双摆 莲	zhuǎn shēn shuāng bǎi lián	Turn around (clockwise) and kick horizontally
82	弯弓射虎	wān gōng shè hǔ	Shoot tiger with bow
83	转 步搬拦捶	zhuǎn bù bān lán chuí	Step forward, deflect downward, parry and strike
84	如封似闭	rú fēng sì bì	Apparent close up
85	十字手	shí zì shǒu	Crossing the hands (hands like word ten)
--	收势	shōu shì	Conclusion of Taiji
--	还原	huán yuán	Initial position