

## 陳式太極拳第一路 Chen Style First Form

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1 預備式	Ready Form	43 小擒打	Small grasp and hit
2 金剛搗碓	King-Kong pounds the mortar	44 抱頭推山	Embrace head and push the mountain
3 懶扎衣	Lazy about tying coat	45 三換掌	Change Palm three times
4 六封四閉	60% sealing and 40 % closing	46 六封四閉	60% sealing and 40 % closing
5 單鞭	Single whip	47 單鞭	Single whip
6 金剛搗碓	King-Kong pounds the mortar	48 前招	Front technique
7 白鶴亮翅	White crane spreads its wings	49 後招	Back technique
8 斜形拗步	Walk obliquely and twist steps	50 野馬分鬃	Mustang ruffling its mane
9 初收	First closing	51 六封四閉	60% sealing and 40 % closing
10 前蹠拗步	Wade forward and twist step	52 單鞭	Single whip
11 斜形拗步	Walk obliquely and twist steps	53 雙震腳	Stamping both feet
12 再收	Second closing	54 玉女穿梭	Fair lady works at the shuttle
13 前蹠拗步	Wade forward and twist step	55 懶扎衣	Lazy about tying coat
14 掩手肱錘	Hidden hand punch	56 六封四閉	60% sealing and 40 % closing
15 金剛搗碓	King-Kong pounds the mortar	57 單鞭	Single whip
16 庇身錘	Hidden body punch	58 雲手	Wave hands like moving cloud
17 背折靠	Rotate body and back strike	59 擺腳跌叉	Sweep kick and stretch down
18 青龍出水	Green dragon emerges out of water	60 左右金雞獨立	Golden pheasant stand on one leg (L-R)
19 雙推手	Push with both hands	61 倒卷肱	Slide back and whirl arms (R-L-R)
20 三換掌	Change palm three times	62 退步壓肘	Step back and press the elbow
21 肘底錘	Fist under the elbow	63 中盤	Middle section
22 倒卷肱	Slide back and whirl arms	64 白鶴亮翅	White crane spreads its wings
23 退步壓肘	Step back and press the elbow	65 斜形拗步	Walk obliquely and twist steps
24 中盤	Middle section	66 閃通背	Lighting fast throw through the back
25 白鶴亮翅	White crane spreads its wings	67 掩手肱錘	Hidden hand punch
26 斜形拗步	Walk obliquely and twist steps	68 六封四閉	60% sealing and 40 % closing
27 閃通背	Lighting fast throw through the back	69 單鞭	Single whip
28 掩手肱錘	Hidden hand punch	70 雲手	Wave hands like moving cloud
29 六封四閉	60% sealing and 40 % closing	71 高探馬	High pat on horse
30 單鞭	Single whip	72 十字擺蓮	Cross hands and sweep kick
31 雲手	Wave hands like moving cloud	73 指襠錘	The punch of hitting the crotch
32 高探馬	High pat on horse	74 白猿獻果	White ape presents the fruit
33 右擦腳	Rob with right foot	75 六封四閉	60% sealing and 40 % closing
34 左擦腳	Rob with left foot	76 單鞭	Single whip
35 蹬一跟	Side kick with left heel	77 雀地龍	The dragon on the ground
36 前蹠拗步	Wade forward and twist step	78 上步七星	Step up to form seven stars
37 擊地錘	The punch of hitting the ground	79 退步跨虎	Step back to mount the tiger
38 翻身二起腳	Turn over body, jump and kick twice	80 退步雙擺蓮	Turn around and sweep kick
39 獸頭勢	Beast head pose	81 當頭砲	The cannon of confronting opponent
40 旋風腳	Hurricane kick	82 金剛搗碓	King-Kong pounds the mortar
41 蹬一跟	Side kick with right heel	83 收勢	Closing form
42 掩手肱錘	Hidden hand punch		