

JI HONG TAI CHI 宏台極拳學院

傳統楊式太極拳

Traditional Yang Style Taijiquan

www.taichi.ca

1 預備式	Ready Posture	43 轉身右蹬腳	Spin and Kick with Right Heel
2 起勢	Commencement	44 進步搬攔捶	Step Forward, Parry and Punch
3 攬雀尾	Grasp Bird's Tail	45 如封似閉	Apparent Close-up
4 單鞭	Single Whip	46 十字手	Cross Hands
5 提手上勢	Raise Hands	47 抱虎歸山	Carry Tiger Back to the Mountain
6 白鶴亮翅	White Crane Spreads Its Wings	48 斜單鞭	Diagonal Single Whip
7 左擩膝拗步	Brush Knee, Twist Step (L)	49 野馬分鬃	Parting Wild Horse's Mane (R – L – R)
8 手揮琵琶	Hands Strum Lute	50 攬雀尾	Grasp Bird's Tail (L – R)
9 左右擩膝拗步	Brush Knee, Twist Step (L – R – L)	51 單鞭	Single Whip
10 手揮琵琶	Hands Strum Lute	52 玉女穿梭	Fair Lady Works Shuttles
11 左擩膝拗步	Brush Knee, Twist Step (L)	53 攬雀尾	Grasp Bird's Tail (L – R)
12 進步搬攔捶	Step Forward, Deflect, Parry and Punch	54 單鞭	Single Whip
13 如封似閉	Apparent Close-up	55 雲手	Cloud Hands
14 十字手	Cross Hands	56 單鞭	Single Whip
15 抱虎歸山	Carry Tiger Back to the Mountain	57 下勢	Snake Creeps Down
16 肘底錘	Fist Under Elbow	58 金雞獨立	Golden Rooster Stands on One Leg (L-R)
17 左右倒撐猴	Step Back, Whirl Arms (R – L – R)	59 左右倒撐猴	Step Back, Whirl Arms (R – L – R)
18 斜飛式	Diagonal Flying	60 斜飛式	Diagonal Flying
19 提手上勢	Raise Hands	61 提手上勢	Raise Hands
20 白鶴亮翅	White Crane Spreads Its Wings	62 白鶴亮翅	White Crane Spreads Its Wings
21 擩膝拗步	Brush Knee, Twist Step (L)	63 擩膝拗步	Brush Knee, Twist Step (L)
22 海底針	Needle at the Sea Bottom	64 海底針	Needle at the Sea Bottom
23 扇通背	Fan through back	65 扇通背	Fan through back
24 撇身捶	Chop with Fist	66 轉身白蛇吐信	Turn and White Snake shows Tongue
25 進步搬攔捶	Step Forward, Deflect, Parry and Punch	67 進步搬攔捶	Step Forward, Deflect, Parry and Punch
26 上步攬雀尾	Step up and Grasp Bird's Tail	68 上步攬雀尾	Step up and Grasp Bird's Tail
27 單鞭	Single Whip	69 單鞭	Single Whip
28 雲手	Cloud Hands	70 雲手	Cloud Hands
29 單鞭	Single Whip	71 單鞭	Single Whip
30 高探馬	High Pat on Horse	72 高探馬帶插掌	High Pat on Horse and thread Palm
31 左右分腳	Kick with Toe (R-L)	73 十字腿	Cross Legs
32 轉身蹬腳	Turn and Kick with Heel	74 進步指襠捶	Step Forward and Punch Groin
33 左右擩膝拗步	Brush Knee, Twist Step (L – R)	75 上步攬雀尾	Step up and Grasp Bird's Tail
34 進步栽捶	Step Forward and Punch Down	76 單鞭	Single Whip
35 翻身撇身捶	Turn body and Chop with Fist	77 下勢	Snake Creeps Down
36 進步搬攔捶	Step Forward, Deflect, Parry and Punch	78 上步七星	Step up to Form Seven Stars
37 右蹬腳	Kick with Right Heel	79 退步跨虎	Step Back to Ride Tiger
38 左打虎式	Tame Tiger (L)	80 轉身擺蓮	Spin and Swing over Lotus
39 右打虎式	Tame Tiger (R)	81 彎弓射虎	Draw Bow to Shoot Tiger
40 回身右蹬腳	Turn and Kick with Right Heel	82 進步搬攔捶	Step Forward, Deflect, Parry and Punch
41 雙峰貫耳	Strike Opponent's Ears with Fists	83 如封似閉	Apparent Close-up
42 左蹬腳	Kick with Left Heel	84 十字手	Cross Hands
		85 收勢	Closing

L = Left, R = Right

楊式太極拳勢

棚擩擠按，采捌肘靠，進退顧盼定。