

陳式太極拳第二路 (炮錘) Chen Style Second Form (Cannon Fist)

Ji Hong Tai Chi & Qi Gong

1 預備式	Ready posture	37 獸頭勢	Beast head pose
2 金剛搗碓	King-Kong pounds the mortar	38 劈架子	Split frame
3 懶扎衣	Lazy about tying coat	39 翻花舞袖	Sleeves dance like turning flowers
4 六封四閉	60% sealing 40 % closing	40 掩手肱錘	Hidden hand punch
5 單鞭	Single whip	41 伏虎勢	Subdued tiger
6 搬攔錘	Parry, block and punch	42 抹眉紅筆	Colour eyebrow red
7 護心錘	Guard the heart punch	43 右黃龍出水	Right yellow dragon rises from water
8 斜形拗步	Oblique step	44 左黃龍出水	Left yellow dragon rises from water
9 煞腰壓肘拳	Shackle waist press elbow punch	45 左蹬一跟	Left heel kick
10 井纜直入	Straight into the well	46 右蹬一跟	Right heel kick
11 風掃梅花	Wind swept plum blossom	47 海底翻花	Turn flower under sea bottom
12 金剛搗碓	King-Kong pounds the mortar	48 掩手肱錘	Hidden hand punch
13 庇身錘	Hidden body punch	49 掃地腿	Sweep ground with leg
14 撇身錘	Chop opponent with fist	50 掩手肱錘	Hidden hand punch
15 斬手	Cut hand	51 左沖	Left rush
16 翻花舞袖	Sleeves dance like turning flowers	52 右沖	Right rush
17 掩手肱錘	Hidden hand punch	53 倒插	Reverse insert
18 飛步拗鸞肘	Flying step and twist elbow	54 海底翻花	Turn flower under sea bottom
19 雲手	Cloud Hands	55 掩手肱錘	Hidden hand punch
20 高探馬	High pat on horse	56 奪二肱 一	Seize upper arm 1
21 雲手	Cloud Hands	57 奪二肱 二	Seize upper arm 2
22 高探馬	High pat on horse	58 連珠砲	Machine cannon
23 連珠砲 一	Machine cannon 1	59 玉女穿梭	Fair lady works at the shuttle
24 連珠砲 二	Machine cannon 2	60 四頭砲	Four heads cannon
25 連珠砲 三	Machine cannon 3	61 玉女穿梭	Fair lady works at the shuttle
26 倒騎麟	Reverse ride unicorn	62 四頭砲	Four heads cannon
27 白蛇吐信 一	White snake extends tongue 1	63 撇身錘	Chop opponent with fist
28 白蛇吐信 二	White snake extends tongue 2	64 拗鸞肘	Twist elbow
29 白蛇吐信 三	White snake extends tongue 3	65 順鸞肘	Submissive elbow
30 海底翻花	Turn flower under sea bottom	66 穿心肘	Elbow through heart
31 掩手肱錘	Hidden hand punch	67 窩裡砲	Embraced cannon
32 轉身六合	Turn body & six coincides	68 井纜直入	Straight into the well
33 左裏鞭炮一	Left firecracker 1	69 風掃梅花	Wind swept plum blossom
34 左裏鞭炮二	Left firecracker 2	70 金剛搗碓	King-Kong pounds the mortar
35 右裏鞭炮一	Right firecracker 1	71 砲錘收勢	Cannon Fist closing
36 右裏鞭炮二	Right firecracker 2		