

陳式太極拳第一路
Chen Style Tai Chi First Routine

Ji Hong Tai Chi & Qi Gong

1	預備式	Open Form	43	小擒打	Small grasp hit
2	金剛搗碓	King-Kong pounds the mortar	44	抱頭推山	Embrace head and push mountain
3	懶扎衣	Lazy about tying coat	45	三換掌	Three change palms
4	六封四閉	60% sealing 40% closing	46	六封四閉	60% sealing 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	Oblique step	50	野馬分鬃	Part wild horse's mane
9	初收	First closing	51	六封四閉	60% sealing 40% closing
10	前蹚拗步	Wade forward twist step	52	單鞭	Single whip
11	斜形拗步	Oblique step	53	雙震腳	Stamp both feet
12	再收	Second closing	54	玉女穿梭	Fair lady works the shuttle
13	前蹚拗步	Wade forward 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 40% closing
15	金剛搗碓	King-Kong pounds the mortar	57	單鞭	Single whip
16	底身錘	Hidden body punch	58	雲手	Cloud hands
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 rooster stand on one leg (L-R)
19	雙推手	Double push hands	61	倒卷肱	Slide back and whirl arms (R-L-R)
20	三換掌	Three change palms	62	退步壓肘	Step back press elbow
21	肘底錘	Fist under elbow	63	中盤	Middle section
22	倒卷肱	Slide back and whirl arms (R-L-R)	64	白鶴亮翅	White crane spreads its wings
23	退步壓肘	Step back press elbow	65	斜形拗步	Oblique step
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	Oblique step	68	六封四閉	60% sealing 40% closing
27	閃通背	Lighting fast throw through back	69	單鞭	Single whip
28	掩手肱錘	Hidden hand punch	70	雲手	Cloud hands
29	六封四閉	60% sealing 40% closing	71	高探馬	High pat horse
30	單鞭	Single whip	72	十字擺蓮	Cross hands sweep kick
31	雲手	Cloud hands	73	指裆錘	Punch to the crotch
32	高探馬	High pat horse	74	白猿獻果	White ape presents fruit
33	右擦腳	Rub right foot	75	六封四閉	60% sealing 40% closing
34	左擦腳	Rub left foot	76	單鞭	Single whip
35	蹬一跟	Left heel kick	77	雀地龍	Dragon on the ground
36	前蹚拗步	Wade forward twist step	78	上步七星	Step up seven stars
37	擊地錘	Punch to ground	79	退步跨虎	Step back mount tiger
38	翻身二起腳	Turn over, jump and kick twice	80	轉身雙擺蓮	Turn around double sweep kick
39	獸頭勢	Beast head pose	81	當頭砲	Leading cannon
40	旋風腳	Hurricane kick	82	金剛搗碓	King-Kong pounds the mortar
41	蹬一跟	Right heel kick	83	收勢	Closing form
42	掩手肱錘	Hidden hand punch			

L – Left , R - Right