

陳式太極槍(梨花槍夾白猿棍)

Chen Style Tai Chi Spear (Pear Blossom Spear with White Ape Staff)

Ji Hong Tai Chi & Qi Gong

1.	起式	Commencing form	37.	半個舞花	Half twirl
2.	夜叉探海	Flick up from ground	38.	靈貓撲鼠	Hold spear like ready to pounce
3.	全舞花	Full twirl	39.	左撲一槍	Left pounce with spear
4.	中平槍	Mid-level spear	40.	右撲一槍	Right pounce with spear
5.	急三槍	Three hurried spear	41.	翻身回頭刺一槍	Turn around and thrust spear
6.	上平槍	High-level spear	42.	踢一跟子	Kick with heel
7.	珍珠倒捲簾	Reverse twirl step	43.	單手出槍	Single hand thrust
8.	下平槍	Low-level spear	44.	全舞花	Full twirl
9.	顛腿擡一槍	Stab spear downwards	45.	二郎擔山掃一槍	Carry on shoulder and sweep spear
10.	扎青龍獻爪	Present spear with one arm	46.	半個舞花	Half twirl
11.	上步捉一槍	Step up and stab spear	47.	下六分槍	Stab spear downwards
12.	掃地刺	Sweeping ground strike	48.	回頭半個舞花	Turn back half twirl
13.	邊攔槍	Block to the side	49.	鷄子撲鶴鶉	Strike downwards with spear
14.	往前打兩槍	Advance forward and hit twice	50.	右掃一槍	Sweep to the right
15.	黃龍點桿	Strike upwards	51.	踢一根子	Kick with heel
16.	撩扎一槍	Sweeping spear	52.	扎一槍	Thrust with spear
17.	半個舞花	Half twirl	53.	全舞花	Full twirl
18.	腰群攔槍	Waist level block with spear	54.	二郎擔山掃一槍	Carry on shoulder and sweep spear
19.	回頭半個舞花	Turn back half twirl	55.	半個舞花	Half twirl
20.	手按地蛇槍	Press spear down	56.	美女紉針	Hold spear like threading needle
21.	挑一槍	Flick spear up	57.	玉女穿梭	Weave forward with spear
22.	扎一槍	Stab with spear	58.	刺闖鴻門槍	Thrust like ramming a door
23.	掩兩槍	Two sliding thrusts	59.	回頭掃一槍	Turn back and sweep spear
24.	左搖旗一掃朝天槍	Wave to the left and point spear to the sky	60.	全舞花	Full twirl
25.	右搖旗一掃鐵牛耕地	Wave to the right low to the ground	61.	護膝槍	Protect the knee
26.	回頭半個舞花	Turn back half twirl	62.	掩兩槍	Two sliding thrusts
27.	下滴水槍	Hold spear downwards	63.	蒼龍擺尾	Swaying a dragon's tail
28.	掩兩槍	Two sliding thrusts		(黃龍三攪水)	(Circle 3 times)
29.	上騎龍槍	Big circle and strike to right	64.	往前擋一槍	Step forward upwards block
30.	往前進撥草尋蛇	Small circle, advance and stab downwards	65.	往前再擋一槍	Step forward and block again
31.	往後退白猿拖槍	Turn, retreat and drag spear behind	66.	往左擋一槍	Block to the left
32.	回頭扎烏龍入洞	Turn around and thrust suddenly	67.	往右擋一槍	Block to the right
33.	顛回腿收琵琶式	Circle and hold spear like pipa	68.	半個舞花	Half twirl
34.	往前打兩槍	Advance forward and hit twice	69.	太公釣魚	Hook spear upwards
35.	搖旗掃地	Wave like flag sweeping the floor	70.	回馬槍	Thrust after straddling move
36.	泰山壓卵	Press spear onto hip	71.	收式	Closing form