

傳統吳式太極拳
Traditional Wu Style Tai Chi Chuan

Ji Hong Tai Chi & Qi Gong

1 預備式	Ready posture	45 如封似閉	Apparent Close-Up
2 攬雀尾	Grasp Bird's Tail	46 十字手	Cross Hands
3 單鞭	Single Whip	47 抱虎歸山	Carry Tiger back to Mountain
4 提手上勢	Raise Hands	48 攬雀尾	Grasp Bird's Tail
5 白鶴亮翅	White Crane Spreads its Wings	49 斜單鞭	Diagonal Single Whip
6 左右擡膝拗步	Brush Knee & Twist Step (L-R)	50 野馬分鬃	Part Wild Horse's Mane
7 手揮琵琶	Hands Strum Lute	51 玉女穿梭	Fair Lady Works at Shuttles
8 進步搬攔捶	Step forward, Deflect, Parry & Punch	52 攬雀尾	Grasp Bird's Tail
9 如封似閉	Apparent Close-Up	53 單鞭	Single Whip
10 十字手	Cross Hands	54 雲手	Cloud Hands
11 抱虎歸山	Carry Tiger back to Mountain	55 單鞭	Single Whip
12 攬雀尾	Grasp Bird's Tail	56 下勢	Snake Creeps Down
13 斜單鞭	Diagonal Single Whip	57 金雞獨立	Golden Rooster Stands on One Leg
14 肘底捶	Fist under Elbow	58 左右倒攢猴	Step Back & Whirl Arms (R-L-R)
15 左右倒攢猴	Step Back & Whirl Arms (R-L-R)	59 斜飛式	Diagonal Flying
16 斜飛式	Diagonal Flying	60 提手上勢	Raise Hands
17 提手上勢	Raise Hands	61 白鶴亮翅	White Crane Spreads its Wings
18 白鶴亮翅	White Crane Spreads its Wings	62 擡膝拗步	Brush Knee & Twist Step
19 左擡膝拗步	Brush Knee & Twist Step (L)	63 海底針	Needle at Sea Bottom
20 海底針	Needle at Sea Bottom	64 扇通背	Fan Through Back
21 扇通背	Fan Through Back	65 轉身撇身捶	Turn & Chop with Fist
22 撇身捶	Chop with Fist	66 進步搬攔捶	Step forward, Deflect, Parry & Punch
23 卸步搬攔捶	Step back, Deflect, Parry & Punch	67 進步攬雀尾	Step forward Grasp Bird's Tail
24 上步攬雀尾	Step up Grasp Bird's Tail	68 單鞭	Single Whip
25 單鞭	Single Whip	69 雲手	Cloud Hands
26 雲手	Cloud Hands	70 單鞭	Single Whip
27 單鞭	Single Whip	71 高探馬	High Pat on Horse
28 左高探馬	High Pat Horse (L)	72 迎面掌	Palm Strike to Face
29 右分腳	Kick with Right Toe	73 十字擺蓮	Cross Hands & Swing over Lotus
30 右高探馬	High Pat Horse (R)	74 擡膝拗步	Brush Knee & Twist Step
31 左分腳	Kick with Left Toe	75 進步指襠捶	Step forward & Punch to Groin
32 轉身蹬腳	Turn & Kick with Heel	76 攬雀尾	Grasp Bird's Tail
33 左右擡膝拗步	Brush Knee & Twist Step (L-R)	77 單鞭	Single Whip
34 進步栽捶	Step forward & Punch Down	78 下勢	Snake Creeps Down
35 翻身撇身捶	Turn body & Chop with Fist	79 上步七星	Step Up To Form Seven Stars
36 左高探馬	High Pat Horse (L)	80 退步跨虎	Step Back To Ride Tiger
37 右分腳	Kick With Right Toe	81 轉身迎面掌	Turn & Palm Strike to Face
38 打虎式	Tame Tiger	82 轉身擺蓮	Turn & Swing over Lotus
39 右分腳	Kick With Right Toe	83 彎弓射虎	Draw Bow to Shoot Tiger
40 雙峰貫耳	Strike Opponent's Ears With Fists	84 上步迎面掌	Step up & Palm Strike to Face
41 左分腳	Kick With Left Toe	85 轉身撇身捶	Turn & Chop with Fist
42 轉身右蹬腳	Spin & Kick With Right Heel	86 進步高探馬	Step Forward High Pat Horse
43 上步撇身捶	Step up & Chop with Fist	87 進步攬雀尾	Step Forward Grasp Bird's Tail
44 進步搬攔捶	Step forward, Deflect, Parry & Punch	88 單鞭	Single Whip
		89 收勢	Closing