

# 傳統楊式太極拳

## Traditional Yang Style Taijiquan

### Ji Hong Tai Chi & Qi Gong

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, Deflect, 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	左擻膝拗步	Brush Knee, Twist Step (L)	49	野馬分鬃	Parting Wild Horse's Mane
8	手揮琵琶	Hands Strum Lute	50	攬雀尾	Grasp Bird's Tail
9	左右擻膝拗步	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	左擻膝拗步	Brush Knee, Twist Step (L)	53	攬雀尾	Grasp Bird's Tail
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
17	左右倒攢猴	Step Back, Whirl Arms (R – L – R)	59	左右倒攢猴	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	擻膝拗步	Brush Knee, Twist Step	63	擻膝拗步	Brush Knee, Twist Step
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 extends 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 Grasp Bird's Tail	68	上步攬雀尾	Step up 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	左右擻膝拗步	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

### 楊式太極拳勢 Yang Style Tai Chi postures

棚擻擠按，采捌肘靠，進退顧盼定。Expand, Gather, Squeeze, Press; Pluck, Split, Elbow, Lean; Advance, Retreat, Left, Right, Centre.