

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

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| 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 (黃龍三攪水) | Swaying a dragon's tail (Circle 3 times) |
| 28. | 掩兩槍 | Two sliding thrusts | 64. | 往前擋一槍 | Step forward upwards block |
| 29. | 上騎龍槍 | Big circle and strike to right | 65. | 往前再擋一槍 | Step forward and block again |
| 30. | 往前進撥草尋蛇 | Small circle, advance and stab downwards | 66. | 往左擋一槍 | Block to the left |
| 31. | 往後退白猿拖槍 | Turn, retreat and drag spear behind | 67. | 往右擋一槍 | Block to the right |
| 32. | 回頭扎烏龍入洞 | Turn around and thrust suddenly | 68. | 半個舞花 | Half twirl |
| 33. | 顛回腿收琵琶式 | Circle and hold spear like pipa | 69. | 太公釣魚 | Hook spear upwards |
| 34. | 往前打兩槍 | Advance forward and hit twice | 70. | 回馬槍 | Thrust after straddling move |
| 35. | 搖旗掃地 | Wave like flag sweeping the floor | 71. | 收式 | Closing form |
| 36. | 泰山壓卵 | Press spear onto hip | | | |