

傳統武式太極拳 Traditional Hao Style Tai Chi

Ji Hong Tai Chi & Qi Gong
www.taichi.ca

1	預備式	Ready Posture	49	斜單鞭	Diagonal Single Whip
2	起勢	Commencement	50	左野馬分鬃	Part Wild Horse's Mane (L)
3	左懶扎衣	Lazy About Tying Coat (L)	51	右野馬分鬃	Part Wild Horse's Mane (R)
4	右懶扎衣	Lazy About Tying Coat (R)	52	左野馬分鬃	Part Wild Horse's Mane (L)
5	單鞭	Single Whip	53	左懶扎衣	Lazy About Tying Coat (L)
6	提手上勢	Raise Hands	54	單鞭	Single Whip
7	白鶴亮翅	White Crane Spreads Its Wings	55	右玉女穿梭	Fair Lady Works Shuttles (R)
8	摟膝拗步	Brush Knee and Twist Step	56	左玉女穿梭	Fair Lady Works Shuttles (L)
9	手揮琵琶	Hands Strum Lute	57	右玉女穿梭	Fair Lady Works Shuttles (R)
10	摟膝拗步	Brush Knee and Twist Step	58	左玉女穿梭	Fair Lady Works Shuttles (L)
11	手揮琵琶	Hands Strum Lute	59	左懶扎衣	Lazy About Tying Coat (L)
12	迎面掌	Palm Strike to the Face	60	單鞭	Single Whip
13	上步搬攔捶	Step Up, Parry and Punch	61	雲手	Cloud Hands
14	如封似閉	Apparent Close-up	62	單鞭	Single Whip
15	抱虎推山	Carry Tiger Push Mountain	63	下勢	Snake Creeps Down
16	斜懶扎衣	Diagonal Lazy About Tying Coat	64	左更雞獨立	Rooster Stands on One Leg (L)
17	斜單鞭	Diagonal Single Whip	65	右更雞獨立	Rooster Stands on One Leg (R)
18	上勢	Raise Hands	66	左倒攞猴	Step Back, Whirl Arms (L)
19	肘底看捶	Fist Under Elbow	67	右倒攞猴	Step Back, Whirl Arms (R)
20	左倒攞猴	Step Back, Whirl Arms (L)	68	左倒攞猴	Step Back, Whirl Arms (L)
21	右倒攞猴	Step Back, Whirl Arms (R)	69	右倒攞猴	Step Back, Whirl Arms (R)
22	左倒攞猴	Step Back, Whirl Arms (L)	70	提手上勢	Raise Hands
23	右倒攞猴	Step Back, Whirl Arms (R)	71	白鶴亮翅	White Crane Spreads Its Wings
24	提手上勢	Raise Hands	72	摟膝拗步	Brush Knee and Twist Step
25	白鶴亮翅	White Crane Spreads Its Wings	73	手揮琵琶	Hands Strum Lute
26	摟膝拗步	Brush Knee and Twist Step	74	按勢	Press Down
27	手揮琵琶	Hands Strum Lute	75	青龍出水	Green Dragon Emerges Out of Water
28	按勢	Press Down	76	翻身三甬背	Turn Body and 3 Tunnel Back
29	青龍出水	Green Dragon Emerges Out of Water	77	右懶扎衣	Lazy About Tying Coat (R)
30	翻身三甬背	Turn Body and 3 Tunnel Back	78	單鞭	Single Whip
31	右懶扎衣	Lazy About Tying Coat (R)	79	雲手	Cloud Hands
32	單鞭	Single Whip	80	單鞭	Single Whip
33	雲手	Cloud Hands	81	上勢	Raise Hands
34	單鞭	Single Whip	82	高探馬	High Pat on Horse
35	上勢	Raise hands	83	穿心掌	Palm Strike through the Heart
36	高探馬	High Pat Horse	84	轉身十字擺蓮	Spin and Cross Lotus Kick
37	右起腳	Kick with Right Leg	85	踐步指襠捶	Light Step and Punch to Groin
38	左起腳	Kick with Left Leg	86	右懶扎衣	Lazy About Tying Coat (R)
39	轉身蹬腳	Spin and Kick with Heel	87	單鞭七星	Single Whip Seven Stars
40	踐步裁捶	Light Step and Punch Down	88	下勢	Snake Creeps Down
41	翻身二起腳	Turn Body and Double Jump Kick	89	震腳上步	Stomp Foot and Step Up
42	披身伏虎	Cover Body and Crouch Tiger	90	退步跨虎	Step Back Stride Tiger
43	左踢腳	Left leg kick	91	轉身雙擺蓮	Spin and Double Lotus Swing
44	轉身右蹬腳	Spin and Kick with Right Heel	92	海底撈月	Scoop Moon from Sea Bottom
45	上步搬攔捶	Step Up, Block, Parry and Punch	93	彎弓射虎	Draw Bow to Shoot Tiger
46	如封似閉	Apparent Close-up	94	雙撞捶	Double Ram Fist
47	抱虎推山	Carry Tiger Push Mountain	95	左懶扎衣	Lazy About Tying Coat (L)
48	斜懶扎衣	Diagonal Lazy About Tying Coat	96	收勢	Closing