

# 傳統孫式太極拳 Traditional Sun Style Tai Chi

Ji Hong Tai Chi & Qi Gong  
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1	起勢	Commencement	50	合手	Close Hands
2	懶扎衣	Lazy About Tying Coat	51	右擽膝拗步	Brush Knee and Twist Step (R)
3	開手	Open Hands	52	懶扎衣	Lazy About Tying Coat
4	合手	Close Hands	53	開手(面西)	Open Hands (facing West)
5	單鞭	Single Whip	54	合手	Close Hands
6	提手上勢	Raise Hands	55	斜單鞭	Diagonal Single Whip
7	白鶴亮翅	White Crane Spreads Its Wings	56	野馬分鬃	Part Wild Horse's Mane
8	開手	Open Hands	57	(上步)懶扎衣	Step forward Lazy About Tying Coat
9	合手	Close Hands	58	開手	Open Hands
10	左擽膝拗步	Brush Knee and Twist Step (L)	59	合手	Close Hands
11	手揮琵琶(左)	Hands Strum Lute (L)	60	單鞭	Lazy About Tying Coat (L)
12	進步搬攔捶	Deflect, Parry and Punch	61	右通背掌	Through the Back Palm (R)
13	如封似閉	Apparent Close-up	62	玉女穿梭(揚方向)	Fair Lady Works the Shuttles (face Yang)
14	抱虎推山	Carry Tiger Push Mountain	63	懶扎衣	Lazy Tying Coat
15	開手	Open Hands	64	開手	Snake Creeps Down
16	合手	Close Hands	65	合手	Rooster Stands on One Leg (L)
17	右擽膝拗步	Brush Knee and Twist Step (R)	66	雲手	Cloud hands
18	懶扎衣	Lazy About Tying Coat	67	雲手下勢	Snake Creeps Down
19	開手	Open Hands	68	右倒攞猴	Step Back, Whirl Arms (R)
20	合手	Close Hands	69	金雞獨立	Rooster Stands on One Leg (R-L)
21	單鞭	Single Whip	70	倒攞猴	Step Back, Whirl Arms (L-R)
22	肘底捶	Fist Under Elbow	71	手揮琵琶(右)	Hands Strum Lute (R)
23	左倒攞猴	Step Back, Whirl Arms (L)	72	白鶴亮翅	White Crane Spreads Its Wings
24	右倒攞猴	Step Back, Whirl Arms (R)	73	開手	Open Hands
25	手揮琵琶(右)	Hands Strum Lute (R)	74	合手	Close Hands
26	白鶴亮翅	White Crane Spreads Its Wings	75	左擽膝拗步	Brush Knee and Twist Step (L)
27	開手	Open Hands	76	手揮琵琶(左)	Hands Strum Lute (L)
28	合手	Close Hands	77	三甬背	Three Through the Back
29	左擽膝拗步	Brush Knee and Twist Step (L)	78	(活步)懶扎衣	(stepping) Lazy About Tying Coat
30	手揮琵琶(左)	Hands Strum Lute (L)	79	開手	Open Hands
31	閃通背(三通背)	Fan Through Back (3 Through Back)	80	合手	Close Hands
32	(活步)懶扎衣	(stepping) Lazy About Tying Coat	81	單鞭	Single Whip
33	開手	Open Hands	82	雲手	Cloud Hands
34	合手	Close Hands	83	高探馬(面南)	High Pat on Horse (South)
35	單鞭	Single Whip	84	十字擺蓮	Cross Hands Swing over Lotus
36	雲手	Cloud Hands	85	進步指襠捶	Step Forward Punch to Groin
37	高探馬	High Pat Horse	86	退步懶扎衣	Step Back Lazy About Tying Coat
38	右起腳	Right Lifting Kick	88	開手	Open Hands
39	左起腳	Left Lifting Kick	88	合手	Close Hands
40	轉身踢(蹬)腳	Turn and Kick with Heel	89	單鞭	Single Whip
41	踐步打捶	Light Step and Punch Down	90	單鞭下勢	Snake Creeps Down
42	翻身右起腳	Turn body and Right Lifting Kick	91	上步七星	Step Up to Form Seven Stars
43	披身伏虎	Cover Body and Ambush Tiger	92	退步跨虎	Step Back Stride Tiger
44	左起腳	Left Lifting Kick	93	轉身擺蓮	Turn Body and Swing over Lotus
45	轉身右蹬腳	Spin and Kick with Right Heel	94	彎弓射虎	Draw Bow to Shoot Tiger
46	上步搬攔捶	Step Up, Deflect, Parry and Punch	95	雙撞捶	Double Ram Fist
47	如封似閉	Apparent Close-up	96	陰陽混一	Merge Yin and Yang
48	抱虎推山	Carry Tiger Push Mountain	97	收勢	Closing
49	開手	Open Hands			