

太極拳長拳

Tai Chi Long Form

1.	預備式	Preparation
2.	起勢	Beginning
3.	攬雀尾(左棚, 右棚, 捋, 擠, 按)	Grasp the Sparrow's Tail (Left Ward-off, Right Ward-off, Roll Back, Press, Push)
4.	單鞭	Single Whip
5.	提手上式	Lifting Hands
6.	肘, 靠	Elbow and Shoulder Strike
7.	白鶴亮翅	White Crane Spreading Its Wings
8.	左摟膝拗步	Brush Left Knee and Twist Step
9.	手揮琵琶	Playing Chinese Guitar
10.	左摟膝拗步	Brush Left Knee and Twist Step
11.	右摟膝拗步	Brush Right Knee and Twist Step
12.	左摟膝拗步	Brush Left Knee and Twist Step
13.	手揮琵琶	Playing Chinese Guitar
14.	左摟膝拗步	Brush Left Knee and Twist Step
15.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
16.	如封似閉	Withdraw and Push
17.	十字手	Crossing Hands
18.	抱虎歸山	Embrace the Tiger and Turn
19.	攬雀尾 (捋, 擠, 按)	Grasp the Sparrow's Tail (Roll Back, Press, Push)
20.	斜單鞭	Slanted Single Whip
21.	肘底看捶	Under Elbow Fist
22.	倒攆猴(左, 右, 左, 右, 左) (五)	Step Back to Repulse the Monkey Away (L, R, L, R, L) (5)
23.	斜飛式	Diagonal Flying Posture
24.	提手中式	Raise Hands and Step Back
25.	肘, 靠	Elbow and Shoulder Strike
26.	白鶴亮翅	White Crane Spreading Its Wings
27.	左摟膝拗步	Brush Left Knee and Twist Step
28.	海底針 (右)	Needle at the Bottom of the Sea (Right)
29.	扇通背	Fan Through the Back
30.	轉身撇身捶	Turn and Strike with Fist
31.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Push
32.	上步攬雀尾 (右棚, 捋, 擠, 按)	Grasp the Sparrow's Tail (Step Forward, Right Ward-off, Roll Back, Press, Push)
33.	單鞭	Single Whip
34.	雲手 (高) (七)	Cloud Hands, Upper Outward Style (7)
35.	單鞭	Single Whip

36.	高探馬	High Pat on the Horse
37.	右分腳	Separate the Right Foot
38.	左分腳	Separate the Left Foot
39.	左轉身蹬腳	180 Degree Left Turn and Strike with Heel
40.	左摟膝拗步	Brush Left Knee and Twist Step
41.	右摟膝拗步	Brush Right Knee and Twist Step
42.	進步栽捶	Step Forward and Strike with Fist
43.	轉身撇身捶	180 Degree Turn and Strike with Fist
44.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
45.	右踢腳	Right Kick, Up
46.	左打虎	Hitting the Tiger, Left
47.	右打虎	Hitting the Tiger, Right
48.	回身右踢腳	Right Kick, Up
49.	雙風貫耳	Blows Against Both Ears
50.	左踢腳	Left Kick, Up
51.	轉身右蹬腳	360 Turn and Right Kick, Up
52.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
53.	如封似閉	Withdraw and Push
54.	十字手	Crossing Hands
55.	抱虎歸山	Embrace the Tiger and Turn
56.	攬雀尾 (捋, 擠, 按)	Grasp the Sparrow's Tail (Roll Back, Press, Push)
57.	橫單鞭	Horizontal Single Whip
58.	野馬分鬃	Parting of Wild Horse's Mane
59.	攬雀尾(左棚, 右棚, 捋, 擠, 按)	Grasp the Sparrow's Tail (Left Ward-off, Right Ward-off, Roll Back, Press, Push)
60.	單鞭	Single Whip
61.	玉女穿梭 (四)	Fair Lady Weaving the Shuttle (4 Steps)
62.	攬雀尾(左棚, 右棚, 捋, 擠, 按)	Grasp the Sparrow's Tail (Left Ward-off, Right Ward-off, Roll Back, Press, Push)
63.	單鞭	Single Whip
64.	雲手 (中) (七)	Cloud Hands, Middle Outward Style (7)
65.	單鞭	Single Whip
66.	下勢	Squatting Down
67.	左, 右金雞獨立	Golden Pheasant Stands on One Leg (L, R)
68.	斜倒攆猴 (左, 右, 左, 右, 左)	Slanted Step Back to Repulse the Monkey Away (L, R, L, R, L)
69.	斜飛式	Diagonal Flying Posture
70.	提手下式	Raise Hands (Point Down)
71.	肘, 靠	Elbow and Shoulder Strike
72.	白鶴亮翅	White Crane Spreads Its Wings
73.	左摟膝拗步	Brush Left Knee and Twist Step

74.	海底針 (左)	Needle at the Bottom of the Sea (Left)
75.	扇通背	Fan Through the Back
76.	轉身白蛇吐信	White Snake Showing its Tongue
77.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
78.	上步攬雀尾 (右棚, 捋, 擠, 按)	Grasp the Sparrow 's Tail (Step Forward, Right Ward-off, Roll Back, Press, Push)
79.	單鞭	Single Whip
80.	雲手 (內) (七)	Cloud Hands, Inward Style (7)
81.	單鞭	Single Whip
82.	高探馬	High Pat on the Horse
83.	十字穿雲掌	Cross Hands and Pushing Palm through the Cloud
84.	轉身十字腿	Turn and Cross Hand and Kick Right
85.	搜膝指襠捶	Brush Knee and Punch the Crotch
86.	上步攬雀尾 (右棚, 捋, 擠, 按)	Grasp the Sparrow's Tail (Step Forward, Right Ward-off, Roll Back, Press, Push)
87.	單鞭	Single Whip
88.	下勢	Squatting Down
89.	上步七星	Step Forward to the Seven Stars
90.	退步跨虎	Step Back to Ride the Tiger
91.	右轉身雙擺蓮	360 Degree Right Turn and Sweep with Lotus Leg
92.	彎弓射虎 (二)	Bending the Bow and Shoot Tiger (2)
93.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
94.	如封似閉	Withdraw and Push
95.	十字手	Crossing Hands
96.	合太極	Conclusion of Tai-Chi