

太極拳短拳

Tai Chi Short 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.	靠	Lean Forward (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.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
12.	如封似閉	Withdraw and Push
13.	十字手	Crossing Hands
14.	抱虎歸山	Embrace the Tiger and Turn
15.	攬雀尾(捋, 擠, 按)	Grasp the Sparrow' s Tail (Roll Back, Press, Push)
16.	斜單鞭	Slanted Single Whip
17.	肘底看捶	Under Elbow Fist
18.	倒攆猴 (右, 左, 右)	Step Back to Repulse Monkey (R, L, R)
19.	斜飛式	Diagonal Flying Posture
20.	雲手 (左, 右, 左, 右, 左)	Cloud Hands (L, R, L, R, L)
21.	單鞭	Single Whip
22.	下勢	Squatting Down
23.	金雞獨立 (右, 左)	Golden Pheasant Stands on One Leg (R, L)
24.	右, 左分腳	Single Leg Splits (R, L)
25.	左轉身蹬腳	180 Left Turn and Heel Strike
26.	左, 右摟膝拗步	Brush Knee & Twist Step (L, R)
27.	進步摟膝指襠捶	Step Forward, Brush Knee and Punch the Crotch
28.	上步攬雀尾 (右棚, 捋, 擠, 按)	Grasp the Sparrow' s Tail (Step Forward, Right Ward-off, Roll Back, Press, Push)
29.	單鞭	Single Whip
30.	玉女穿梭 (一, 二, 三, 四)	Fair Lady Weaving the Shuttle (4 Steps)
31.	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)
32.	單鞭	Single Whip
33.	蛇身下勢	Squatting Down
34.	上步七星	Step Forward to the Seven Stars (Cross Fists)
35.	退步跨虎	Step Back to Ride the Tiger

36.	右轉身雙擺蓮	360 Turn of the Body to Sweep with Lotus Leg
37.	彎弓射虎	Bending the Bow
38.	進步, 搬, 攔, 捶	Step Forward, Deflect Downward, Intercept and Punch
39.	如封似閉	Withdraw and Push
40.	十字手	Crossing Hands
41.	合太極	Conclusion of Tai-Chi