

Taichi 太极内功  
Internal Arts  
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六合八法  
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| 01 停车问路<br>Stop Cart & Ask Directions      | 02 临崖勒马<br>Hold Horse At Cliff             | 03 闭门推月<br>Close Door, Push Moon              | 04 拨云见日<br>Part Clouds, See Sun                     |
| 05 临崖勒马<br>Hold Horse At Cliff             | 06 摘星换斗<br>Replace Star With Nth Star      | 07 鸿雁双飞<br>Geese Flying In Pairs              | 08 闭门推月<br>Close Door, Push Moon                    |
| 09 孤雁出群<br>Lone Goose Leads Flock          | 10 野马追风<br>Wild Horses Chase Wind          | 11 川流不息<br>Water Running, Never<br>Ceasing    | 12 伏虎听风<br>Crouching Tiger Listening<br>To The Wind |
| 13 声东击西<br>Make Sound East, Hit West       | 14 青龙展爪<br>Green Dragon Stretches Claws    | 15 丹成九转<br>Pearl After 9 Circulations         | 16 拨云见日<br>Part Clouds, See Sun                     |
| 17 顺水推舟<br>Push Boat With Flow of<br>Water | 18 怒马回头<br>Angry Horse Turns Head          | 19 瓶花落现<br>Flowers Falling                    | 20 高山流水<br>Water Running In High<br>Mountains       |
| 21 儿童送书<br>Child Delivers Letter           | 22 樵夫担柴<br>Woodcutter Carries Logs         | 23 天官指星<br>Heavenly Lord Points At Star       | 24 五云捧日<br>Five Clouds Holds The Sun                |
| 25 托天盖地<br>Supports Sky, Covers Earth      | 26 燕子浮水<br>Swallow Skims Water             | 27 朝阳贯耳<br>Morning Sunshine Fills The<br>Ears | 28 藏手双离<br>Intercept And Double Push                |
| 29 微风扫叶<br>Gentle Wind Sweeps Leaves       | 30 燕子啄泥<br>Swallow Carries Sand (Mud)      | 31 灵猴摘果<br>Monkey Picks Fruit                 | 32 猛虎回头<br>Wild Tiger Turns Head                    |
| 33 旋转乾坤<br>Swirling The Universe           | 34 风摆荷叶<br>Wind Sways Lotus Leaves         | 35 掩手冲拳<br>Cover Hand & Punch                 | 36 琵琶遮面<br>Cover Face With Pipa                     |
| 37 流星赶月<br>Comet Chases Moon               | 38 燕子斜飞<br>Swallow Flies Diagonally        | 39 丹凤朝阳<br>Phoenix Faces Sun                  | 40 翻江搅海<br>Stirring Rivers & Seas                   |
| 41 倒骑龙背<br>Ride Backwards On Dragon        | 42 狸猫捕蝶<br>Raccoon Catches Butterflies     | 43 抽梁换柱<br>Lift Beam & Change Pillars         | 44 风卷残云<br>Wind Swirls Clouds                       |
| 45 蛰龙现身<br>Hibernating Dragon Appears      | 46 乌龙摆尾<br>Black Dragon Wags Tail          | 47 平分秋色<br>Sharing Autumn Scene               | 48 走马看花<br>Enjoy Flowers On Horse                   |
| 49 魁星献斗<br>Supreme Star Hon Nth Star       | 50 燕子穿云<br>Swallow Penetrates Clouds       | 51 提手七星<br>Salutes To Seven Stars             | 52 雁字横斜<br>Geese Fly Horizontally                   |
| 53 黄龙转身<br>Yellow Dragon Turns Body        | 54 五圣朝天<br>Five Saints Prostrate To Heaven | 55 叶底藏莲<br>Hide Lotus Under Leaves            | 56 凤凰展翅<br>Phoenix Opens Wings                      |
| 57 白鹤啄食<br>White Crane Pecks Food          | 58 月挂松梢<br>Moon Hangs On Pine Top          | 59 倒揭牛尾<br>Pull Oxes Tail                     | 60 童子抱琴<br>Child Holds Harp                         |
| 61 犀牛望月<br>Rhinoceros Looks At Moon        | 62 鸽子穿林<br>Doves Dart Through Forest       | 63 赤龙搅水<br>Crimson Dragon Stirs Water         | 64 风动浮萍<br>Wind Stirs Lotus Leaves                  |
|  | 65 气升昆仑<br>Chi Rises To Mt. Kun Lun        | 66 存气开关<br>Open Gates & Contain Chi           |   |