

杨式太极拳

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|--|---|---|--|
| 1 起式
Commencement | 2 拦雀尾
Grasp Bird's Tail | 3 单鞭
Single Whip | 4 提手上势
Raise Hands & Step Up |
| 5 白鹤凉翅
Stork Cools Wings | 6 左搂膝扭步
Left Brush Knee | 7 手挥琵琶
Play The Pipa | 8 搂膝扭步 左右左
Brush Knee L, R, L |
| 9 手挥琵琶
Play The Pipa | 10 左搂膝扭步
Left Brush Knee | 11 进步搬拦捶
Step Bagua Parry Punch | 12 如封似闭
Apparent Retreat & Push |
| 13 十字手
Cross Hands | 14 抱虎归山
Embrace Tiger Return To Mountain | 15 拦雀尾 捋挤按
Grasp Bird's Tail (Strip, Squeeze, Press) | 16 肘底捶
Fist Under Elbow |
| 17 倒撵猴 右左右
Repulse Monkey R, L, R | 18 斜飞式
Diagonal Flying | 19 提手上势
Raise Hands & Step Up | 20 白鹤凉翅
Stork Cools Wings |
| 21 左搂膝扭步
Left Brush Knee | 22 海底针
Needle At Sea Bottom | 23 扇通背
Fan Through Back | 24 转身撇身捶
Turn & Chop With Fist |
| 25 进步搬拦捶
Step Bagua Parry Punch | 26 拦雀尾
Grasp Bird's Tail | 27 单鞭
Single Whip | 28 云手 (3)
Cloud Hands x3 |
| 29 单鞭
Single Whip | 30 高探马
High Pat On Horse | 31 右分脚 左分脚
Separate Feet R & L | 32 转身左蹬脚
Turn & L Foot Kick |
| 33 搂膝扭步 左右
Brush Knee L & R | 34 进步栽捶
Step & Punch Down | 35 转身撇身捶
Turn & Chop With Fist | 36 进步搬拦捶
Step Bagua Parry Punch |
| 37 转身右蹬脚
Turn & R Foot Kick | 38 左打虎 右打虎
Strike Tiger L & R | 39 右蹬脚
Right Foot Kick | 40 双峰灌耳
Strike Tiger On Both Ears |
| 41 左蹬脚
Left Foot Kick | 42 转身右蹬脚
Turn & R Foot Kick | 43 进步搬拦捶
Step Bagua Parry Punch | 44 如封似闭
Apparent Retreat & Push |
| 45 十字手
Cross Hands | 46 抱虎归山
Embrace Tiger Return To Mountain | 47 拦雀尾 捋挤按
Grasp Bird's Tail (Strip, Squeeze, Press) | 48 斜单鞭
Diagonal Single Whip |
| 49 野马分鬃 右左右
Parting Wild Horses' Mane RLR | 50 拦雀尾
Grasp Bird's Tail | 51 单鞭
Single Whip | 52 玉女穿梭
Fair Lady Works The Shuttle |
| 53 拦雀尾
Grasp Bird's Tail | 54 单鞭
Single Whip | 55 云手 (3)
Cloud Hands x3 | 56 单鞭
Single Whip |
| 57 蛇身下势
Snakes Creeps Down | 58 金鸡独立 左右
Golden Cock L, R Leg | 59 倒撵猴 右左右
Repulse Monkey R, L, R | 60 斜飞式
Diagonal Flying |
| 61 提手上势
Raise Hands & Step Up | 62 白鹤凉翅
Stork Cools Wings | 63 左搂膝扭步
Left Brush Knee | 64 海底针
Needle At Sea Bottom |
| 65 扇通背
Fan Through Back | 66 白蛇吐信
White Snake Delivers News | 67 进步搬拦捶
Step Bagua Parry Punch | 68 拦雀尾
Grasp Bird's Tail |
| 69 单鞭
Single Whip | 70 云手 (3)
Cloud Hands x3 | 71 单鞭
Single Whip | 72 高探马
High Pat On Horse |
| 73 穿身十字掌
Cross Hands Penetrate | 74 转身右蹬脚
Turn & R Foot Kick | 75 进步搬拦捶
Step Bagua Parry Punch | 76 拦雀尾
Grasp Bird's Tail |
| 77 单鞭
Single Whip | 78 蛇身下势
Snakes Creeps Down | 79 上步七星
Step Up To 7 Stars | 80 退步跨虎
Retreat To Ride Tiger |
| 81 转身摆莲
Turn & Sweep Lotus | 82 弯弓射虎
Draw Bow & Shoot Tiger | 83 进步搬拦捶
Step Bagua Parry Punch | 84 如封似闭
Apparent Retreat & Push |

85 十字手, 收式

Cross Hands & Conclusion