

杨式太极拳

1 起式

Commencement

5 白鹤凉翅

Stork Cools Wings

9 手挥琵琶

Play The Pipa

13 十字手

Cross Hands

17 倒撵猴 右左右

Repulse Monkey R, L, R

21 左搂膝扭步

Left Brush Knee

25 进步搬拦捶

Step Bagua Parry Punch

29 单鞭

Single Whip

33 搂膝扭步 左右

Brush Knee L & R

37 转身蹬脚

Turn & R Foot Kick

41 左蹬脚

Left Foot Kick

45 十字手

Cross Hands

49 野马分鬃 右左右

Parting Wild Horses' Mane RLR

53 拦雀尾

Grasp Bird's Tail

57 蛇身下势

Snakes Creeps Down

61 提手上势

Step Up & Raise Hands

65 扇通背

Fan Through Back

69 单鞭

Single Whip

73 穿身十字掌

Cross Hands Penetrate

77 单鞭

Single Whip

81 转身摆莲

Turn & Sweep Lotus

2 拦雀尾

Grasp Bird's Tail

6 左搂膝扭步

Left Brush Knee

10 左搂膝扭步

Left Brush Knee

14 抱虎归山

Embrace Tiger Return To Mountain

18 斜飞式

Diagonal Flying

22 海底针

Needle At Sea Bottom

26 拦雀尾

Grasp Bird's Tail

30 高探马

High Pat On Horse

34 进步栽捶

Step & Punch Down

38 左打虎 右打虎

Strike Tiger L & R

42 转身蹬脚

Turn & R Foot Kick

46 抱虎归山

Embrace Tiger Return To Mountain

50 拦雀尾

Grasp Bird's Tail

54 单鞭

Single Whip

58 金鸡独立 左右

Golden Cock L, R Leg

62 白鹤凉翅

Stork Cools Wings

66 白蛇吐信

White Snake Delivers News

70 云手 (3)

Cloud Hands x3

74 转身蹬脚

Turn & R Foot Kick

78 蛇身下势

Snakes Creeps Down

82 弯弓射虎

Draw Bow & Shoot Tiger

3 单鞭

Single Whip

7 手挥琵琶

Play The Pipa

11 进步搬拦捶

Step Bagua Parry Punch

15 拦雀尾 捋挤按

Grasp Bird's Tail (Strip, Squeeze, Press)

19 提手上势

Step Up & Raise Hands

23 扇通背

Fan Through Back

27 单鞭

Single Whip

31 右分脚 左分脚

Separate Feet R & L

35 转身撇身捶

Turn & Chop With Fist

39 右蹬脚

Right Foot Kick

43 进步搬拦捶

Step Bagua Parry Punch

47 拦雀尾 捋挤按

Grasp Bird's Tail (Strip, Squeeze, Press)

51 单鞭

Single Whip

55 云手 (3)

Cloud Hands x3

59 倒撵猴 右左右

Repulse Monkey R, L, R

63 左搂膝扭步

Left Brush Knee

67 进步搬拦捶

Step Bagua Parry Punch

71 单鞭

Single Whip

75 进步搬拦捶

Step Bagua Parry Punch

79 上步七星

Step Up To 7 Stars

83 进步搬拦捶

Step Bagua Parry Punch

4 提手上势

Raise Hands & Step Up

8 搂膝扭步 左右左

Brush Knee L, R, L

12 如封似闭

Apparent Retreat & Push

16 肘底捶

Fist Under Elbow

20 白鹤凉翅

Stork Cools Wings

24 转身撇身捶

Turn & Chop With Fist

28 云手 (3)

Cloud Hands x3

32 转身左蹬脚

Turn & L Foot Kick

36 进步搬拦捶

Step Bagua Parry Punch

40 双峰灌耳

Strike Tiger On Both Ears

44 如封似闭

Apparent Retreat & Push

48 斜单鞭

Diagonal Single Whip

52 玉女穿梭

Fair Lady Works The Shuttle

56 单鞭

Single Whip

60 斜飞式

Diagonal Flying

64 海底针

Needle At Sea Bottom

68 拦雀尾

Grasp Bird's Tail

72 高探马

High Pat On Horse

76 拦雀尾

Grasp Bird's Tail

80 退步跨虎

Retreat To Ride Tiger

84 如封似闭

Apparent Retreat & Push

85 十字手, 收式

Cross Hands & Conclusion