

杨式太极拳拳式名称顺序

YANG SHI TAI JI QUAN QUAN SHI MING CHENG SHUN XU

(YANG STYLE TAI JI QUAN / POSTURE NAME AND ORDER)

1. 预备式	YU BEI SHI	OPENING STANCE
2. 起势	QI SHI	BEGINNING FORM
3. 揽雀尾	LAN QUE WEI	GRASP SPARROW'S TAIL
4. 单鞭	DAN BIAN	SINGLE WHIP
5. 提手上势	TI SHOU SHANG SHI	RAISE HANDS
6. 白鹤亮翅	BAI HE LIANG CHI	WHITE CRANE SPREADS WINGS
7. 左搂膝拗步	ZUO LOU XI AO BU	LEFT KNEE BRUSH, TWIST STEP
8. 手挥琵琶	SHOU HUI PI PA	HAND STRUMMING THE LUTE
9. 左右搂膝拗步	ZUO YOU LOU XI AO BU	LEFT, RIGHT, LEFT KNEE BRUSH, TWIST STEP
10. 手挥琵琶	SHOU HUI PI PA	HAND STRUMMING THE LUTE
11. 左搂膝拗步	ZUO LOU XI AO BU	LEFT KNEE BRUSH, TWIST STEP
12. 进步搬拦捶	JIN BU BAN LAN CHUI	ADVANCE, DEFLECT, INTERCEPT AND PUNCH
13. 如封似闭	RU FENG SI BI	LIKE SEALING, AS IF CLOSING
14. 十字手	SHI ZI SHOU	CROSS HANDS
15. 抱虎归山	BAO HU GUI SHAN	EMBRACE TIGER, RETURN TO MOUNTAIN
16. 肘底看捶	ZHOU DI KAN CHUI	FLOWER AMONG LEAVES
17. 左右倒卷肱	ZUO YOU DAO JUAN GONG	STEP BACK TO REPULSE THE MONKEY
18. 斜飞式	XIE FEI SHI	OBLIQUE FLYING
19. 提手上势	TI SHOU SHANG SHI	RAISE HANDS
20. 白鹤亮翅	BAI HE LIANG CHI	WHITE CRANE SPREADS WINGS
21. 左搂膝拗步	ZUO LOU XI AO BU	LEFT KNEE BRUSH, TWIST STEP
22. 海底针	HAI DI ZHEN	PICK UP MOON FROM SEA BOTTOM
23. 扇通背	SHAN TONG BEI	FLASH OUT HANDS
24. 撇身捶	PIE SHEN CHUI	TURN AND BACKHAND STRIKE
25. 步搬拦捶	JIN BU BAN LAN CHUI	ADVANCE, DEFLECT, INTERCEPT AND PUNCH
26. 上步揽雀尾	SHANG BU LAN QUE WEI	STEP UP TO GRASP SPARROW'S TAIL
27. 单鞭	DAN BIAN	SINGLE WHIP
28. 云手	YUN SHOU	CLOUD HANDS
29. 单鞭	DAN BIAN	SINGLE WHIP
30. 高探马	GAO TAN MA	PAT THE HIGH HORSE
31. 左右分脚	ZUO YOU FEN JIAO	RIGHT AND LEFT TOE KICKS
32. 转身蹬脚	ZHUAN SHEN DENG JIAO	SPIN LEFT ON RIGHT HEEL AND LEFT HEEL KICK
33. 左右搂膝拗步	ZUO YOU LOU XI AO BU	LEFT, RIGHT KNEE BRUSH, TWIST STEP
34. 进步栽捶	JIN BU ZAI CHUI	ADVANCE AND PUNCH DOWN
35. 翻身撇身捶	FAN SHEN PIE SHEN CHUI	TURN AND BACKHAND STRIKE
36. 进步搬拦捶	JIN BU BAN LAN CHUI	ADVANCE, DEFLECT, INTERCEPT AND PUNCH
37. 右蹬脚	YOU DENG JIAO	RIGHT HEEL KICK
38. 左打虎式	ZUO DA HU SHI	SLIDE TO LEFT AND TAME THE TIGER
39. 右打虎式	YOU DA HU SHI	SLIDE TO RIGHT AND TAME THE TIGER
40. 回身右蹬脚	HUI SHEN YOU DENG JIAO	RIGHT HEEL KICK
41. 双峰贯耳	SHUANG FENG GUAN ER	TWIN PEAKS
42. 左蹬脚	ZUO DENG JIAO	LEFT HEEL KICK
43. 转身右蹬脚	ZHUAN SHEN YOU DENG JIAO	SPIN RIGHT ON RIGHT TOE AND RIGHT HEEL KICK
44. 进步搬拦捶	JIN BU BAN LAN CHUI	ADVANCE, DEFLECT, INTERCEPT AND PUNCH
45. 如封似闭	RU FENG SI BI	LIKE SEALING, AS IF CLOSING

46. 十字手	SHI ZI SHOU	CROSS HANDS
47. 抱虎归山	BAO HU GUI SHAN	EMBRACE TIGER, RETURN TO MOUNTAIN
48. 斜单鞭	XIE DAN BIAN	DIAGONAL SINGLE WHIP
49. 野马分鬃	YIE MA FEN ZONG	PART THE MUSTANG'S MANE
50. 揽雀尾	LAN QUE WEI	GRASP SPARROW'S TAIL
51. 单鞭	DAN BIAN	SINGLE WHIP
52. 四角穿梭	SI JIAO CHUAN SUO	JADE MAIDEN THREADS SHUTTLE
53. 揽雀尾	LAN QUE WEI	GRASP SPARROW'S TAIL
54. 单鞭	DAN BIAN	SINGLE WHIP
55. 云手	YUN SHOU	CLOUD HANDS
56. 单鞭	DAN BIAN	SINGLE WHIP
57. 下势	XIA SHI	SNAKE CREEPS DOWN
58. 金鸡独立	JIN JI DU LI	GOLDEN COCK STANDS ON ONE LEG
59. 左右倒卷肱	ZUO YOU DAO JUAN GONG	STEP BACK TO REPULSE THE MONKEY
60. 斜飞式	XIE FEI SHI	OBLIQUE FLYING
61. 提手上势	TI SHOU SHANG SHI	RAISE HANDS
62. 白鹤亮翅	BAI HE LIANG CHI	WHITE CRANE SPREADS WINGS
63. 左搂膝拗步	ZUO LOU XI AO BU	LEFT KNEE BRUSH, TWIST STEP
64. 海底针	HAI DI ZHEN	PICK UP MOON FROM SEA BOTTOM
65. 扇通背	SHAN TONG BEI	FLASH OUT HANDS
66. 转身白蛇吐信	ZHUAN SHEN BAI SHE TU XIN	WHITE SNAKE SPITS POISON
67. 进步搬栏捶	JIN BU BAN LAN CHUI	ADVANCE, DEFLECT, INTERCEPT AND PUNCH
68. 上步揽雀尾	SHANG BU LAN QUE WEI	STEP UP TO GRASP SPARROW'S TAIL
69. 单鞭	DAN BIAN	SINGLE WHIP
70. 云手	YUN SHOU	CLOUD HANDS
71. 单鞭	DAN BIAN	SINGLE WHIP
72. 高探马带穿掌	GAO TAN MA DAI CHUAN ZHANG	PAT THE HIGH HORSE WITH PIERCING PALM
73. 十字腿	SHI ZI TUI	TURN AND RIGHT HEEL KICK
74. 进步指裆捶	JIN BU ZHI DANG CHUI	ADVANCE AND PUNCH GROIN
75. 上步揽雀尾	SHANG BU LAN QUE WEI	STEP UP TO GRASP SPARROW'S TAIL
76. 单鞭	DAN BIAN	SINGLE WHIP
77. 下势	XIA SHI	SNAKE CREEPS DOWN
78. 上步七星	SHANG BU QI XING	STEP UP TO SEVEN STARS
79. 退步跨虎	TUI BU KUA HU	RETREAT ASTRIDE THE TIGER
80. 转身摆莲	ZHUAN SHEN BAI LIAN	TURN TO SWEEP LOTUS STEM
81. 弯弓射虎	WAN GONG SHE HU	DRAW THE BOW, SHOOT THE TIGER
82. 进步搬栏捶	JIN BU BAN LAN CHUI	ADVANCE, DEFLECT, INTERCEPT AND PUNCH
83. 如封似闭	RU FENG SI BI	LIKE SEALING, AS IF CLOSING
84. 十字手	SHI ZI SHOU	CROSS HANDS
85. 收势	SHOU SHI	FINISHING FORM