

**陳式太極槍(梨花槍夾白猿棍)**

**Chen Style Tai Chi Spear (Pear Blossom Spear with White Ape Staff)**

www.taichiontario.com

- |               |                                             |             |                                   |
|---------------|---------------------------------------------|-------------|-----------------------------------|
| 1. 起式         | Commencing form                             | 37. 半個舞花    | Half twirl                        |
| 2. 夜叉探海       | Flick up from ground                        | 38. 靈貓撲鼠    | Hold spear like ready to pounce   |
| 3. 全舞花        | Full twirl                                  | 39. 左撲一槍    | Left pounce with spear            |
| 4. 中平槍        | Mid-level spear                             | 40. 右撲一槍    | Right pounce with spear           |
| 5. 急三槍        | Three hurried spear                         | 41. 翻身回頭刺一槍 | Turn around and thrust spear      |
| 6. 上平槍        | High-level spear                            | 42. 踢一跟子    | Kick with heel                    |
| 7. 珍珠倒捲簾      | Reverse twirl step                          | 43. 单手出槍    | Single hand thrust                |
| 8. 下平槍        | Low-level spear                             | 44. 全舞花     | Full twirl                        |
| 9. 顛腿擡一槍      | Stab spear downwards                        | 45. 二郎擔山掃一槍 | Carry on shoulder and sweep spear |
| 10. 扎青龍獻爪     | Present spear with one arm                  | 46. 半個舞花    | Half twirl                        |
| 11. 上步捉一槍     | Step up and stab spear                      | 47. 下六分槍    | Stab spear downwards              |
| 12. 掃地刺       | Sweeping ground strike                      | 48. 回頭半個舞花  | Turn back half twirl              |
| 13. 邊攔槍       | Block to the side                           | 49. 鶴子撲鶴鶉   | Strike downwards with spear       |
| 14. 往前打兩槍     | Advance forward and hit twice               | 50. 右掃一槍    | Sweep to the right                |
| 15. 黃龍點桿      | Strike upwards                              | 51. 踢一根子    | Kick with heel                    |
| 16. 撩扎一槍      | Sweeping spear                              | 52. 扎一槍     | Thrust with spear                 |
| 17. 半個舞花      | Half twirl                                  | 53. 全舞花     | Full twirl                        |
| 18. 腰群攔槍      | Waist level block with spear                | 54. 二郎擔山掃一槍 | Carry on shoulder and sweep spear |
| 19. 回頭半個舞花    | Turn back half twirl                        | 55. 半個舞花    | Half twirl                        |
| 20. 手按地蛇槍     | Press spear down                            | 56. 美女綉針    | Hold spear like threading needle  |
| 21. 挑一槍       | Flick spear up                              | 57. 玉女穿梭    | Weave forward with spear          |
| 22. 扎一槍       | Stab with spear                             | 58. 刺闖鴻門槍   | Thrust like ramming a door        |
| 23. 掩兩槍       | Two sliding thrusts                         | 59. 回頭掃一槍   | Turn back and sweep spear         |
| 24. 左搖旗一掃朝天槍  | Wave to the left and point spear to the sky | 60. 全舞花     | Full twirl                        |
| 25. 右搖旗一掃鐵牛耕地 | Wave to the right low to the ground         | 61. 護膝槍     | Protect the knee                  |
| 26. 回頭半個舞花    | Turn back half twirl                        | 62. 掩兩槍     | Two sliding thrusts               |
| 27. 下滴水槍      | Hold spear downwards                        | 蒼龍擺尾        | Swaying a dragon's tail           |
| 28. 掩兩槍       | Two sliding thrusts                         | 63. (黃龍三攪水) | (Circle 3 times)                  |
| 29. 上騎龍槍      | Big circle and strike to right              | 64. 往前擋一槍   | Step forward upwards block        |
| 30. 往前進撥草尋蛇   | Small circle, advance and stab downwards    | 65. 往前再擋一槍  | Step forward and block again      |
| 31. 往後退白猿拖槍   | Turn, retreat and drag spear behind         | 66. 往左擋一槍   | Block to the left                 |
| 32. 回頭扎烏龍入洞   | Turn around and thrust suddenly             | 67. 往右擋一槍   | Block to the right                |
| 33. 顛回腿收琵琶式   | Circle and hold spear like pipa             | 68. 半個舞花    | Half twirl                        |
| 34. 往前打兩槍     | Advance forward and hit twice               | 69. 太公釣魚    | Hook spear upwards                |
| 35. 搖旗掃地      | Wave like flag sweeping the floor           | 70. 回馬槍     | Thrust after straddling move      |
| 36. 泰山壓卵      | Press spear onto hip                        | 71. 收式      | Closing form                      |