

JI HONG TAI CHI 弘宏太極拳學院

傳統孫式太極拳

Traditional Sun Style Taijiquan

www.taichiontario.com

1. 起式	Commencing (Starting) Form	50. 合手	Close Hands
2. 懶扎衣	Lazy about Tying Coat	51. 右擡膝拗步	Brush Knee & Twist Step (R)
3. 開手	Open Hands	52. 懶扎衣	Lazy about Tying Coat
4. 合手	Close Hands	53. 開手 (面西)	Open Hands (no turn, face west)
5. 單鞭	Single Whip	54. 合手	Close Hands
6. 提手上勢	Raise Hands	55. 斜單鞭	Diagonal Single Whip
7. 白鶴亮翅	White Crane Spreads its Wings	56. 野馬分鬃	Part Wild Horse's Mane
8. 開手	Open Hands	57. (上步)懶扎衣	(Forward) Lazy about Tying Coat
9. 合手	Close Hands	58. 開手	Open Hands
10. 左擡膝拗步	Brush Knee & Twist Step (L)	59. 合手	Close Hands
11. 手揮琵琶 (左)	Hands Strum Lute (L)	60. 單鞭	Single Whip
12. 進步搬攔捶	Step forward, Deflect, Parry & Punch	61. 右通背掌	Right Palm Stance
13. 如封似閉	Apparent Close-Up	62. 玉女穿梭 (楊方向)	Fair Lady Works at Shuttles (Yang style)
14. 抱虎推山	Carry Tiger and Push Mountain	63. 懶扎衣	Lazy about Tying Coat
15. 開手	Open Hands (right turn)	64. 開手	Open Hands
16. 合手	Close Hands	65. 合手	Close Hands
17. 右擡膝拗步	Brush Knee & Twist Step (R)	66. 單鞭	Single Whip
18. 懶扎衣	Lazy about Tying Coat	67. 雲手	Cloud Hands
19. 開手	Open Hands	68. 雲手下勢	Cloud Hands Snake Creeps Down
20. 合手	Close Hands	69. 金雞獨立	Golden Rooster Stands on One Leg (R-L)
21. 單鞭	Single Whip	70. 倒擡猴 (同23+24)	Step Back & Whirl Arms (same as 23+24)
22. 肘底捶	Fist under Elbow	71. 手揮琵琶(右)	Hands Strum Lute (R)
23. 左倒擡猴	step back & whirl arms - L	72. 白鶴亮翅	White Crane Spreads its Wings
24. 右倒擡猴 (重複23+24)	step back & whirl arms - R (repeat 23+24)	73. 開手	Open Hands
25. 手揮琵琶 (右)	Hands Strum Lute (R)	74. 合手	Close Hands
26. 白鶴亮翅	White Crane Spreads its Wings	75. 左擡膝拗步	Brush Knee & Twist Step (L)
27. 開手	Open Hands	76. 手揮琵琶 (左)	Hands Strum Lute (L)
28. 合手	Close Hands	77. 三通背	Three through the Back
29. 左擡膝拗步	Brush Knee & Twist Step (L)	78. (活步)懶扎衣	Lazy about Tying Coat
30. 手揮琵琶 (左)	Hands Strum Lute (L)	79. 開手	Open Hands
31. 閃通背 (三通背)	Fan Through Back (Three through Back)	80. 合手	Close Hands
32. (活步)懶扎衣	Lazy about Tying Coat	81. 單鞭	Single Whip
33. 開手	Open Hands	82. 雲手	Cloud Hands
34. 合手	Close Hands	83. 高探馬 (面南)	High Pat on Horse
35. 單鞭	Single Whip	84. 十字擺蓮	Cross Hands & Swing over Lotus
36. 雲手	Cloud Hands	85. 進步指襠捶	Step Forward & Punch to Groin
37. 高探馬	High Pat on Horse	86. 退步懶扎衣	Step Back & Lazy about Tying Coat
38. 右起腳	Lifting Kick - R	87. 開手	Open Hands
39. 左起腳	Lifting Kick - L	88. 合手	Close Hands
40. 轉身踢(蹬)腳	Turn & Heel Kick - L	89. 單鞭	Single Whip
41. 踐步打捶	Treading forward and Punch	90. 單鞭下勢	Single Whip Snake Creeps Down
42. 翻身右起腳	Turn around and Kick (Slap) - R	91. 上步七星	Step Up To Form Seven Stars
43. 披身伏虎	Ambush tiger	92. 退步跨虎	Step Back To Ride Tiger
44. 左起腳	Lifting Kick - L	93. 轉身擺蓮	Turn (around) & Swing over Lotus
45. (轉身)右蹬腳	(Turn) Heel Kick - R	94. 彎弓射虎	Draw Bow to Shoot Tiger
46. 上步搬攔捶(一搬)	Step forward, Deflect, Parry & Punch	95. 雙撞捶	Double Punch
47. 如封似閉	Apparent Close-Up	96. 陰陽混一	Merge The Yin And Yang
48. 抱虎推山	Carry Tiger and Push Mountain	97. 收勢	Closing Form
49. 開手	Open Hands		