

傳統武式太極拳 Traditional Hao Style Taijiquan

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01. 預備式	Ready posture	49. 如封似閉	Apparent Close-up
02. 左懶紮衣	Lazy about tying coat - L	50. 抱虎推山	Carry tiger and push mountain
03. 右懶紮衣	Lazy about tying coat - R	51. 手揮琵琶勢	Hands strum lute
04. 單鞭	Single whip	52. 右懶紮衣	Lazy about tying coat - R
05. 提手上勢	Raise the hand	53. 斜單鞭	Diagonal single whip
06. 白鵝亮翅	White goose shows its wings	54. 下勢	Snake creeps down
07. 摟膝拗步	Brush knee, twist step	55. 野馬分鬃	Parting wild horse's mane
08. 手揮琵琶勢	Hands strum lute	56. 單鞭	Single whip
09. 摟膝拗步	Brush knee, twist step	57. 玉女穿梭	Fair lady works at shuttles
10. 手揮琵琶勢	Hands strum lute	58. 手揮琵琶勢	Hands strum lute
11. 上步搬攔捶	Step forward, deflect, parry and punch	59. 右懶紮衣	Lazy about tying coat - R
12. 如封似閉	Apparent Close-up	60. 單鞭	Single whip
13. 抱虎推山	Carry tiger and push mountain	61. 下勢	Snake creeps down
14. 手揮琵琶勢	Hands strum lute	62. 紮手	Tangling hands
15. 右懶紮衣	Lazy about tying coat - R	63. 單鞭	Single whip
16. 單鞭	Single whip	64. 下勢	Snake creeps down
17. 提手上勢	Raise the hand	65. 更雞獨立	Rooster stands on one leg
18. 肘底看捶	Fist under the elbow	66. 左倒攆猴	Drive away the monkey - L
19. 左倒攆猴	Drive away the monkey - L	67. 右倒攆猴	Drive away the monkey - R
20. 右倒攆猴	Drive away the monkey - R	68. 左倒攆猴	Drive away the monkey - L
21. 左倒攆猴	Drive away the monkey - L	69. 右倒攆猴	Drive away the monkey - R
22. 右倒攆猴	Drive away the monkey - R	70. 手揮琵琶勢	Hands strum lute
23. 手揮琵琶勢	Hands strum lute	71. 白鵝亮翅	White goose shows its wings
24. 白鵝亮翅	White goose shows its wings	72. 摟膝拗步	Brush knee, twist step
25. 摟膝拗步	Brush knee, twist step	73. 手揮琵琶勢	Hands strum lute
26. 手揮琵琶勢	Hands strum lute	74. 按勢	Pushing down
27. 按勢	Pushing down	75. 青龍出水	Green dragon emerges out of water
28. 青龍出水	Green dragon emerges out of water	76. 翻身	Turn around
29. 翻身	Turn around	77. 三甬背	Three through the back
30. 三甬背	Three through the back	78. 單鞭	Single whip
31. 單鞭	Single whip	79. 下勢	Snake creeps down
32. 下勢	Snake creeps down	80. 紮手	Tangling hands
33. 紮手	Tangling hands	81. 單鞭	Single whip
34. 單鞭	Single whip	82. 提手上勢	Raise the hand
35. 提手上勢	Raise the hand	83. 高探馬	High pat on horse
36. 高探馬	High pat on horse	84. 對心掌	Palm to the solar plexus
37. 左伏虎勢	Subdue the tiger - L	85. 轉身十字擺蓮	Turn and cross hands lotus kick
38. 右起腳	Lifting kick - R	86. 上步指襠捶	Step forward, punch to the crotch
39. 右伏虎勢	Subdue the tiger - R	87. 右懶紮衣	Lazy about tying coat - R
40. 左起腳	Lifting kick - L	88. 單鞭	Single whip
41. 轉身蹬腳	Turn and kick with heel	89. 下勢	Snake creeps down
42. 單鞭	Single whip	90. 上步七星	Step forward to form seven stars
43. 踐步打捶	Treading forward and Punch	91. 退步跨虎	Step back to ride the tiger
44. 翻身二起(腳)	Turn around, double kick	92. 轉腳擺蓮	Spin and swing over lotus
45. 披身	Drape the body	93. 彎弓射虎	Draw bow to shoot the tiger
46. 退步踢腳	Step back, snapping kick	94. 雙抱捶	Double punch
47. 轉身(右)蹬腳	Turn and kick with heel	95. 手揮琵琶勢	Hands strum lute
48. 上步搬攔捶	Step forward, deflect, parry and punch	96. 收勢	Closing

L = Left, R = Right