

Traditional Yang Style Tai Chi Chuan

103 Movement Hand Form

1. 预备	Preparation Form	36. 高探马	High Pat on Horse
2. 起式	Beginning	37. 右分脚	Right Separation Kick
3. 拦雀尾	Grasp the Bird's tail	38. 左分脚	Left Separation Kick
4. 单鞭	Single whip	39. 转身左蹬脚	Turn Body and Left Heel Kick
5. 提手上势	Raise Hands and Step Forward	40. 左搂膝拗步	Left Brush Knee and Push
6. 白鹤凉翅	White Crane Spreads its Wings	41. 右搂膝拗步	Right Brush Knee and Push
7. 左搂膝拗步	Left Brush Knee and Push	42. 进步栽锤	Step Forward and Punch Down
8. 手挥琵琶	Hand Strums the Lute	43. 转身撇身捶	Turn Body and Chop with Fist
9. 左搂膝拗步	Left Brush Knee and Push	44. 进步搬拦捶	Step Forward, Parry Block and Punch
10. 右搂膝拗步	Right Brush Knee and Push	45. 右蹬脚	Right Heel Kick
11. 左搂膝拗步	Left Brush Knee and Push	46. 左打虎式	Left Strike Tiger
12. 手挥琵琶	Hand Strums the Lute	47. 右打虎式	Right Strike Tiger
13. 左搂膝拗步	Left Brush Knee and Push	48. 回身右蹬脚	Turn Body and Right Heel Kick
14. 进步搬拦捶	Step forward, Parry Block and Punch	49. 双峰灌耳	Twin Fists Strike Opponents Ears
15. 如封似闭	Apparent Close Up	50. 左蹬脚	Left Heel Kick
16. 十字手	Cross Hands	51. 转身右蹬脚	Turn Body and Right Heel Kick
17. 抱虎归山	Embrace the Tiger and Return to Mountain	52. 进步搬拦捶	Step Forward, Parry Block and Punch
18. 肘底捶	Fist Under Elbow	53. 如封似闭	Apparent Close Up
19. 左倒撵猴	Step Back and Repulse the Monkey, Left	54. 十字手	Cross Hands
20. 右倒撵猴	Step Back and Repulse the Monkey, Right	55. 抱虎归山	Embrace the Tiger and Return to Mountain
21. 左倒撵猴	Step Back and Repulse the Monkey, Left	56. 斜单鞭	Diagonal Single Whip
22. 斜飞式	Diagonal Flying	57. 右野马分鬃	Parting Wild Horse's Mane, Right
23. 提手上势	Raise Hands and Step Forward	58. 左野马分鬃	Parting Wild Horse's Mane, Left
24. 白鹤凉翅	White Crane Spreads its Wings	59. 右野马分鬃	Parting Wild Horse's Mane, Right
25. 左搂膝拗步	Left Brush Knee and Push	60. 拦雀尾	Grasp the Bird's tail
26. 海底针	Needle at Sea Bottom	61. 单鞭	Single Whip
27. 扇通背	Fan Through the Back	62. 玉女穿梭	Fair Lady Works at Shuttles
28. 转身撇身捶	Turn Body and Chop with Fist	63. 拦雀尾	Grasp the Bird's tail
29. 进步搬拦捶	Step Forward, Parry Block and Punch	64. 单鞭	Single Whip
30. 上步拦雀尾	Step Forward and Grasp the Bird's Tail	65. 云手	Cloud Hands (1)
31. 单鞭	Single whip	66. 云手	Cloud Hands (2)
32. 云手	Cloud Hands (1)	67. 云手	Cloud Hands (3)
33. 云手	Cloud Hands (2)	68. 单鞭	Single Whip
34. 云手	Cloud Hands (3)	69. 下势	Snake Creeps Down
35. 单鞭	Single whip	70. 左金鸡独立	Golden Rooster Stands on One Leg, Left
		71. 右金鸡独立	Golden Rooster Stands on One Leg, Right
		72. 左倒撵猴	Step Back and Repulse the Monkey, Left



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| 73. 右倒撵猴 | Step Back and Repulse the Monkey, Right |
| 74. 左倒撵猴 | Step Back and Repulse the Monkey, Left |
| 75. 斜飞势 | Diagonal Flying |
| 76. 提手上势 | Raise Hands and Step Forward |
| 77. 白鹤凉翅 | White Crane Spreads its Wings |
| 78. 左搂膝拗步 | Left Brush Knee and Push |
| 79. 海底针 | Needle at Sea Bottom |
| 80. 扇通背 | Fan Through the Back |
| 81. 转身白蛇吐信 | Turn Body and White Snake Spits out Tongue |
| 82. 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 83. 上步拦雀尾 | Step Forward and Grasp the Bird's tail |
| 84. 单鞭 | Single Whip |
| 85. 云手 | Cloud Hands (1) |
| 86. 云手 | Cloud Hands (2) |
| 87. 云手 | Cloud Hands (3) |
| 88. 单鞭 | Single Whip |
| 89. 高探马穿掌 | High Paton On Horse with Palm Thrust |
| 90. 十字腿 | Cross Kick |
| 91. 进步指裆捶 | Step Forward and Punch Groin |
| 92. 上步拦雀尾 | Step Forward and Grasp the Bird's tail |
| 93. 单鞭 | Single Whip |
| 94. 下势 | Snake Creeps Down |
| 95. 上步七星 | Step Forward Seven Stars |
| 96. 退步跨虎 | Step back and Ride the Tiger |
| 97. 转身摆莲 | Turn Body and Swing Over Lotus |
| 98. 弯弓射虎 | Bend the Bow and Shoot the Tiger |
| 99. 进步搬拦捶 | Step Forward, Parry Block and Punch |
| 100. 如封似闭 | Apparent Close Up |
| 101. 十字手 | Cross Hands |
| 102. 收式 | Closing |
| 103. 还原 | Return to Norm |

