



Tai ji quan

1	太極起式 Opening of Tai Ji	2	左攬雀尾 Left grasp bird's tail	3	攬雀尾 Grasp bird's tail	4	單鞭 Single whip
5	提手上勢 Raise hands, Rise up	6	白鶴涼翅 White crane cools wings	7	摟膝(左) Brush knee (left)	8	手揮琵琶 Strum the Pei pa
9	摟膝拗步(左) Brush knee, twist step (left)	10	摟膝拗步(右) Brush knee, twist step (right)	11	摟膝拗步(左) Brush knee, twist step (left)	12	手揮琵琶 Strum the Pei pa
13	摟膝拗步(左) Brush knee, twist step (left)	14	撇身捶 Chop with fist	15	進步搬攔捶 Step, deflect parry, punch	16	如封似閉 Appear to close entrance
17	十字手 Cross hands	18	抱虎歸山 Carry tiger to mountain	19	斜單鞭 Diagonal single whip	20	肘底捶 Fist under elbow
21	倒攢猴(右) Repulse monkey (right)	22	倒攢猴(左) Repulse monkey (left)	23	倒攢猴(右) Repulse monkey (right)	24	斜飛勢 Flying at a slant
25	提手上勢 Raise hands, Rise up	26	白鶴涼翅 White crane cools wings	27	摟膝(左) Brush knee (left)	28	海底針 Needle at sea bottom
29	扇通背 Fan penetrates through back	30	轉身撇身捶 Turn body Chop with fist	31	進步搬攔捶 Step, deflect parry, punch	32	上步攬雀尾 Step up Grasp bird's tail
33	單鞭 Single whip	34	云手 Cloud Hands	35	單鞭 Single whip	36	高探馬 Reach up Pat horse
37	右分脚 Separate foot right	38	左分脚 Separate foot left	39	轉身蹬脚 Turn body and kick	40	摟膝拗步(左) Brush knee, twist step (left)
41	摟膝拗步(右) Brush knee, twist step (right)	42	進步栽捶 Step up and punch	43	轉身撇身捶 Turn body Chop with fist	44	進步搬攔捶 Step, deflect parry, punch
45	右踢脚 Kick with right foot	46	左打虎 Hit tiger left	47	右打虎 Hit tiger right	48	右踢脚 Kick with right foot
49	雙拳貫耳 Box ears with fists	50	左踢脚 Kick with left foot	51	轉身蹬脚 Turn body and kick	52	撇身捶 Chop with fist

53	進步搬攔捶 Step, deflect parry, punch	54	如封似閉 Appear to close entrance	55	十字手 Cross hands	56	抱虎歸山 Carry tiger to mountain
57	橫單鞭 Horizontal single whip	58	野馬分鬃(右) Wild horse parts mane (right)	59	野馬分鬃(左) Wild horse parts mane (left)	60	野馬分鬃(右) Wild horse parts mane (right)
61	野馬分鬃(左) Wild horse parts mane (left)	61	野馬分鬃(右) Wild horse parts mane (right)	63	上步攬雀尾 Step up Grasp bird's tail	64	攬雀尾 Grasp bird's tail
65	單鞭 Single whip	66	玉女穿梭(左) Fair lady weaves shuttle (l)	67	玉女穿梭(右) Fair lady weaves shuttle (r)	68	玉女穿梭(左) Fair lady weaves shuttle (l)
69	玉女穿梭(右) Fair lady weaves shuttle (r)	70	左攬雀尾 Left grasp bird's tail	71	攬雀尾 Grasp bird's tail	72	單鞭 Single whip
73	云手 Cloud Hands	74	單鞭 Single whip	75	蛇身下勢 Snake creeps low	76	金雞獨立(右) Golden cock stands on one leg (r)
77	金雞獨立(左) Golden cock stands on one leg (l)	78	倒攆猴(右) Repulse monkey (right)	79	倒攆猴(左,右) Repulse monkey (left, right)	80	斜飛勢 Flying at a slant
81	提手上勢 Raise hands, Rise up	82	白鶴涼翅 White crane cools wings	83	摟膝拗步(左) Brush knee, twist step (left)	84	海底針 Needle at sea bottom
85	扇通背 Fan penetrates through back	86	轉身白蛇吐信 Turn. White snake spits tongue	87	進步搬攔捶 Step, deflect parry, punch	88	上步攬雀尾 Step up Grasp bird's tail
89	單鞭 Single whip	90	云手 Cloud Hands	91	單鞭 Single whip	92	高探馬 Reach up Pat horse
93	十字穿掌 Cross hands to penetrate	94	轉身十字腿 Turn body and kick	95	撇身捶 Chop with fist	96	摟膝指襠捶 Brush knee and punch
97	上步攬雀尾 Step up Grasp bird's tail	98	單鞭 Single whip	99	蛇身下勢 Snake creeps low	100	提步七星 Step up (to form) seven stars
101	退七跨虎 Retreat to ride tiger	102	轉身擺蓮 Turn body Sweep lotus	103	彎弓射虎 Draw bow Shoot tiger	104	撇身捶 Chop with fist
105	進步搬攔捶 Step, deflect parry, punch	106	如封似閉 Appear to close entrance	107	十字手 Cross hands	108	合太極 Closing of Tai Ji