

陳家太極拳

老架

Chen Style Taiji Quan: Lao Jia

1. Qǐ Shì: Open Form 起式
2. Jīng Gōng Dǎo Chuí: Pounding the Fist 金剛搗捶
3. Lǎn Zǎi Yī: Casually Roll Up the Clothes 攬紫衣
4. Bào Hù Gūi Shān: Carry Tiger and Return to Mountain 抱虎歸山
5. Dān Biān: Single Whip 單鞭
6. Jīng Gōng Dǎo Chuí: Pounding the Fist 金剛搗捶
7. Bái Hè Liàng Shì: White Crane Spreads It's Wings 白鶴亮翅
8. Lou Xī Ào Bù: Brush Knee, Twist Step (left and right) 樓膝拗步
9. Shé Xíng Dān Biān: Triangular Single Whip 斜行單鞭
10. Jú Fēng Zì Bì: Apparent Close Up 如封似閉
11. Chán Táng Ào Bù: Twisting Step 前堂拗步
12. Yǎn Shǒu Chuí: Cover and Stick with the Fist 掩手捶
13. Jīng Gōng Dǎo Chuí: Pounding the Fist 金剛搗捶
14. Pīeh Shēn Chuí: Slanting Body with Fist 撇身捶
15. Shǐ Dǎng Chuí: Fist Points to the Groin 指裆捶
16. Zhóu Dǐ Chuí: Fist Under Elbow 肘底捶
17. Dào Jǔan Hú: Winding the Arm Backwards (3 times, right, left, right) 倒捲肱
18. Shǎn Tǒng Bèi: Feint to the Rear 閃通背

19. Yǎn Shǒu Chuí: Cover and Stick with the Fist 掩手捶
20. Bào Hǔ Guī Shān: Carry Tiger and Return to Mountain 抱虎歸山
21. Dān Biǎn: Single Whip 單鞭
22. Yún Shǒu: Wiping Hands (six times) 雲手
23. Gāo Tàn Mǎ: High Pat on the Horse 高探馬
24. Yòu Fēn Jiǎo: Right Spreading Leg 右分足(腳)
25. Zǒu Fēn Jiǎo: Left Spreading Leg 左分足
26. Shuāng Fēng Guān Ěr: Double Wind Pierces the Ears 雙風貫耳
27. Zǒu Dèng Yī Gēn: Left Heel Kick 左蹬一跟
28. Chán Táng Ào Bù: Twisting Step 前堂拗步
29. Jí Dì Chuí: Fist Points to the Ground 擊地捶
30. Fēn Shēn Qī Ěr Qǐ: Double Jump Kick 翻身踢二起
31. Huái Shuāng Bào Yuè: Embrace the Moon 懷中抱月
32. Shún Fēn Jíu: Crescent Kick (kick palm of left hand) 旋風足
33. Shuāng Fēng Guān Ěr: Double Wind Pierces the Ears (right) 雙風貫耳
34. Yòu Dèng Yī Gēn: Right Heel Kick 右蹬一跟
35. Shēn Xīng Jù Dì: 1000 Catties Drops to the Ground 千斤墜地
36. Yǎn Shǒu Chuí: Cover and Stick with the Fist 掩手捶
37. Xiǎo Qín Dǎ: Small Grasp and Strike 小擒打
38. Bào Tóu Tūi Shān: Protect Your Head, Push the Mountain 抱頭推山

39. Bào Hǔ Guī Shān: Carry Tiger and Return to Mountain 抱虎歸山
40. Dān Biān: Single Whip 單鞭
41. Chén Zāo: Blocking Arm (left) 前招
42. Hòu Zāo: Blocking Arm (right) 後招
43. Yé Mǎ Fēn Zhōng: Parting the Wild Horse's Mane (3 times, right, left, right) 野馬分鬃
44. Gé Shǒu: Arms Entwined 格手
45. Yù Nǚ Quān Zhōng: Jade Lady Works the Shuttles 玉女穿梭
46. Lǎn Zāi Yī: Casually Roll Up the Clothes 攬紮衣
47. Bào Hǔ Guī Shān: Carry Tiger and Return to Mountain 抱虎歸山
48. Dān Biān: Single Whip 單鞭
49. Yún Shǒu: Wiping Hands (six times) 雲手
50. Shūng Bái Jǒu: Crescent Kick (kick palms of both hands) 雙擺足
51. Diē Chā: Falling Split 跌叉
52. Jīng Jī Dú Lì: Golden Cock Stands on One Leg (right and left) 金雞獨立
53. Dào Juǎn Húng: Winding the Arm Backwards (3 times, right, left, right) 倒捲肱
54. Shàn Tūng Bèi: Feint to the Rear 閃通背
55. Yēn Shǒu Chuí: Cover and Stick with the Fist 掩手捶
56. Bào Hǔ Guī Shān: Carry Tiger, Return to Mountain 抱虎歸山
57. Dān Biān: Single Whip 單鞭
58. Yún Shǒu: Wiping Hands (six times) 雲手

59. Gāo Tān Mǎ: High Pat on the Horse 高探馬
60. Shí Zì Shǒu: Crossing Hands 十字手
61. Shí Zì Tuǐ: Crescent Kick (kick back of left hand with right foot) 十字腿
62. Shēn Xīng Jù Dì: 1000 Catties Drop to the Ground 千金墜地
63. Shí Dǎng Chuí: Fist Points to the Groin 指裆捶
64. Bái Yún Shùn Guo: White Ape Offers the Fruit 白猿獻果
65. Bào Hǔ Guī Shān: Carry Tiger, Return to Mountain 抱虎歸山
66. Pū Dì Jīn: Lay the Brocade on the Floor 鋪地錦
67. Sān Bù Qī Xīng: Step Up, Seven Stars 上步七星
68. Tuì Bù Guā Hǔ: Step Back and Mount the Tiger 退步跨虎
69. Shān Bēi Jōu: Crescent Kick (kick palms of both hands with right foot)
70. Dān Tóu Pào: Cannon Fist 當頭炮 雙擺足
71. Jīng Gōng Dǎo Chuí: Pounding the Fist 金剛搗捶
72. Sōu Shì: Close Form 收式