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第一段 first section

(1) 太極起勢 TAI-CHI CHI SHI4

beginning stance of Tai-chi

(2) 金剛搗錘 JING GONG DAO CHUI

fist pounding & foot stamping

(3) 襌紮衣 LAN ZAH YI

bundle up clothes

(4) 抱虎歸山 BAO HOO GUEI SAN

carry tiger back to mountain

(5) 單鞭 DAN BIAN

single whip

(6) 金剛搗錘 JING GONG DAO CHUI

fist pounding & foot stamping

(7) 白鶴亮翅 BAI HER LIANG TSE

white crane spreading its wings

(8) 攔膝拗步 LO HSI AU BOO

hand sweeping across knee & twist step

diagonal single whip

(10) 如 封 似 閉 LU FENG SHI BI

seemingly blocking or seemingly closing

(11) 撲 膝 拗 步 LO SHI AU BOO

hand sweeping across knee & twist step

(12) 掩 手 錘 YEN SOW CHUI

cover invading hand with palm/back hand, and punch

(13) 金 剛 搗 錘 JING GONG DAO CHUI

fist pounding & foot stamping

(14) 撇 身 錘 PIEH SERN CHUI

slanting body with fist

(15) 指 襠 錘 ZI DAN CHUI

groin pointing fist

(16) 肘 底 錘 JO DEE CHUI

Zhou Di Chui

right fist punching under ~~left~~ elbow

(17) 倒 捲 肱 DAO JU'ANG HUNG

curl up arms backwards

(18) 閃 通 背 SAN TUNG BAI

feint to the back

(19) 拖 手 翅 YEN SOW CHUI

same as 12

(20) 抱 虎 歸 山 BAO HOO GUEI SAN

same as 4

(21) 單 鞭 DAN BIAN

same as 5

(22) 雲 手 YUN SOW

cloudy hand

(23) 高 探 馬 GAU TA'AN MA

reach high to pat on horse

第 二 段 second section

(24) 右 分 足 YO FEN ZU *Yu Fen Jiao*

right spreading leg

(25) 左 分 足 JOR FEN ZU

left spreading leg

(26) 雙 風 貫 耳 SHU'AN FUNG GUAN ER

two winds going thru ears

(27) 左 蹬 一 跟 JOR ^DDENG YI GURN

left heel kick

Zou Deng Yi Gen

(28) 前 堂 拗 步 CHAN TONG AU BU

front twist step

(29) 擊地錘 JI DEE CHUI

ground pointing fist

(30) 翻身踢二起 FAN SEN TI ER CHI

turn body, double kicks

(31) 懷中抱月 HUAI JUNG BAO YUEH

embrace moon with arms *Huai Zhong Bao Yue*

(32) 旋風腿 SHUAN FUNG TUI

Tornado Kick *Xuan Feng Jiao*

(33) 雙風貫耳 SHUAN FUNG GUAN ER

same as 26

(34) 右蹬一跟 YO ^{DENG} ~~DENG~~ ^{GENG} ~~GENG~~ YI ~~GENG~~

right heel kick *Yu Deng Yi Gen*

(35) 千斤墜地 CHIEN JIN ZUI DEE

thousand kilos dropped *Chien Jin Zhui Di* on the ground

(36) 掩手錘 YEN SOW CHUI

same as 12

(37) 小擒打 SHAO CHIN DA

subtle grab & strike *Xiao Chin Da*

(38) 抱頭推山 BAO TOU TUI SAN

cover head & push mountain

(39) 抱 虎 歸 山 BAO HOO GUEI SAN

same as 4

(40) 單 鞭 DAN BIAN

same as 5

(41) 前 招 CHIEN ZAO

Qian Zhao
front blow

(42) 後 招 HO ZAO

rear blow

(43) 野 馬 分 鬃 YEH MA FEN JUNG

Ye Ma Pen Zhong
wild horse spreading mane

(44) 格 手 GER SO

Ge Shou
blocking hand

(45) 玉 女 穿 梭 YIU NEU CHUAN SOR

Yu Na Chuan Shou
jade deity weaveing with shuttle

(46) 懶 紮 衣 LAN ZHA YI

same as 3

第 三 段 third section

(47) 抱 虎 歸 山 BAO HOO GUEI SAN

(48) 單 鞭 DAN BIAN

same as 5

(49) 雲 手 YUN SO

same as 22

→ (50) 雙 擺 蓮 SHUANG BAI LIEN

double foot sweeping

(51) 跌 叉 DEH ^{TSA} ~~CHA~~

fall to ground with ^{left} legs ^{splitting} ~~spread out~~

(52) 金 雞 獨 立 JING GEE DOO LI

golden rooster stands on one leg (left)

→ (53) 朝 天 蹬 CHAO TIEN ^{DENG} ~~DONG~~ (right)

upward kick

(54) 倒 捲 ^肘 ~~肘~~ DAO JU'ANG HUNG

same as 17

(55) 閃 通 背 SAN TUNG ^{BEI} ~~BEI~~

same as 18

(56) 掩 手 鍾 YEN SO CHUI

same as 12

(57) 抱 虎 歸 山 BAO HOO GUEI SAN

(58) 單 鞭 DAN BIAN

same as 5

(59) 雲 手 YUN SO

same as 22

(60) 高 探 馬 GAU TA'AN MA

same as 23

第 四 段 fourth section

(61) 十 字 手 SHI ZI SO

cross hands

— (62) 十 字 腿 SHI ZI T'UI

cross legs

(63) 千 斤 壓 地 CHIEN JIN ZUI DEE

same as 35 *Thousand Kilos*

(64) 指 擋 錘 ZI ^{DUN} ~~DOH~~ CHUI

same as 15 (65) *BAI LION SHUN GUO*
WHITE APE OFFERS FRUIT

(66) 抱 虎 歸 山 BAO HOO GUEI SAN

same as 4

NO (67) 單 鞭 DAN BIAN

same as 5

(68) 鋪 地 錦 PU DEE JIN

cover floor with brocade

(69) 上 步 七 星 SHANG BOO CHI SHING

step up on seven stars *Shang Bu Qi Xing*

(70) 退 步 跨 虎 T'UI BOO KUA HOO

step down to mount tiger

(71) 雙 擺 足 SHUANG BAI ZHU

double foot sweeping

(72) 當 頭 炮 DANG TOU PAO

up front blow

(73) 金 剛 搗 錘 JIN GONG DAO CHUI

same as 2

(74) 合 太 極 ^{HO} ~~TAI~~ TAI CHI

close up Tai Chi

完 END
