

陳氏太極拳新架：忽雷架

Chen Shi Tai Ji Quan Xin Jia : Hu Lei Jia

No.

Date.

"Chen Family Tai Chi Boxing New Frame: Sudden Thunder Frame"

第一節 Di Yi Jie
第一節 "First Section"

1. 金剛搗碓 Jin Gang Dao Dui
"Mahavairocana Pounds His Thunderbolt"
2. 攪擦衣 Jiao Ci Yi
"Stir & Scrub the Clothes"
3. 合手 He Shou
"Gather the Hands"
4. 單鞭 Dan Bian
"Single Whip"
5. 金剛搗碓 Jin Gang Dao Dui
"Mahavairocana Pounds His Thunderbolt"
6. 白鶴亮翅 Bai He Liang Chi
"White Crane Displays Its Wings"
7. 搜膝拗步 Lou Xi Ao Bu
"Embrace the Knee & Twist the Step"
8. 初收 Chu Shou
"Begin to Close"
9. 斜行拗步 Xie Xing Ao Bu
"Diagonal Movement & Twist Step"
10. 再收 Zai Shou
"Repeat the Close"
11. 金剛搗碓 Jin Gang Dao Dui
"Mahavairocana Pounds His Thunderbolt"
12. 偏身捶 Pian Shen Chui
"All Over Body Strike"
13. 背折靠 Bei Zhe Kao
"Back Snapping Lean"

14. 白猿獻菓 Bai Yuan Xian Guo
"White Ape Presents the Fruit"
15. 肘底看拳 Zhou Di Kan Quan
"Elbow's Bottom Look & Punch"
16. 倒捲肱 Dao Juan Gong
"Backward Rolling Forearm"
17. 白鶴亮翅 Bai He Liang Chi
"White Crane Displays Its Wings"
18. 搜膝拗步 Lou Xi Ao Bu
"Embrace the Knee & Twist the Step"
19. 閃通背 Shan Tong Bei
"Evade to the Back"
20. 抱頭推山 Bao Tou Tui Shan
"Cover the Head & Push the Mountain"
21. 單鞭 Dan Bian
"Single Whip"
22. 雲手 Yun Shou
"Cloud Hands"
23. 高探馬 Gao Tan Ma
"High Pat on Horse"

第二節 Di Er Jie
"Second Section"

24. 左轉身靠 Zuo Zhuan Shen Kao
"Left Turning Body Lean"
25. 右插脚 You Cha Jiao
"Right Inserting Foot"
26. 右轉身靠 You Zhuan Shen Kao
"Right Turning Body Lean"

27. 左插脚 Zuo Cha Jiao
"Left Inserting Foot"
28. 雙風貫耳 Shuang Feng Guan Er
"Double Winds Pierce the Ears"
29. 左蹬一跟 Zuo Deng Yi Gen
"Left Heel Single Kick"
30. 擊地捶 Ji Di Chui
"Fist Strikes Toward the Ground"
31. 踢二起 Ti Er Qi
"Rising Double Kick"
32. 獸頭勢 Shou Tou Shi
"Beast's Head Posture"
33. 旋風脚 Xuan Feng Jiao
"Whirlwind Foot"
34. 雙風貫耳 Shuang Feng Guan Er
"Double Winds Pierce the Ears"
35. 右蹬一跟 You Deng Yi Gen
"Right Heel Single Kick"
36. 燕子翻身 Yao Zi Fan Shen
"Hawk Rolls Its Body"
37. 包頭推山 Bao Tou Tui Shan
"Cover the Head & Push the Mountain"
38. 隔手 Ge Shou
"Blocking Hands"
39. 剪鬃分鬃 Ye Ma Fen Zong
"Shear the Mustang's Mane"
40. 隔手 Ge Shou
"Blocking Hands"
41. 少女穿梭 Yu Nu Chuan Suo
"Young Maiden Threads the Shuttle"
42. 穿心肘 Chuan Xin Zhou
"Penetrating Heart Elbow"

忽雷架. 4

No.

Date.

竹
第 三 節 Di San Jie
"Third Section"

43. 鞭 Dan Bian
"Single Whip"

44. 雲手 Yun Shou
"Cloud Hands"

45. 跌叉 Die Cha
"Dropping Splits"

46. 金鷄獨立 Jin Ji Du Li
"Golden Rooster Stands Independently"

47. 朝天蹬 Chao Tian Deng
"Face Upward Kick"

48. 倒卷肱 Dao Juan Gong
"Backward Rolling Forearm"

49. 白鶴亮翅 Bai He Liang Chi
"White Crane Displays Its Wings"

50. 樓膝拗步 Lou Xi Ao Bu
"Embrace the Knee & Twist the Step"

51. 閃通背 Shan Tong Bei
"Evade to the Back"

52. 穿心肘 Chuan Xin Zhou
"Penetrating Heart Elbow"

53. 鞭 Dan Bian
"Single Whip"

54. 雲手 Yun Shou
"Cloud Hands"

55. 高探馬 Gao Tan Ma
"High Pat on Horse"

竹 四 竹 節 Di Si Jie
第 節 "Fourth Section"

56. 字 脚 Shi Zi Jiao
"Crossing Foot"

57. 膺 捶 Zhi Dang Chui
"Groin Pointing Strike"

58. 剛 搗 碓 Jin Gang Dao Dui
"Maharajirana Pounds His Thunderbolt"

59. 擦 衣 Jiao Ci Yi
"Stir & Scrub the Clothes"

60. 合 He Shou
"Gather the Hands"

61. 黃 龍 攪 水 Huang Long Jiao Shui
"Yellow Dragon Stirs the Waters"

62. 雙 肱 Duo Er Gong
"Seize with Both Forearms"

63. 拳 Deng Quan
"Collapsing Fist"

64. 身 雙 支 膺 Zhuan Shen Shuang Zhi Dang
"Turning Body Double Propping Up Groin"

65. 虎 歸 山 Bao Hu Gui Shan
"Embrace Tiger & Return to Mountain"

66. 鞭 Dan Bian
"Single Whip"

67. 黃 龍 攪 水 Huang Long Jiao Shui
"Yellow Dragon Stirs the Waters"

68. 雙 肱 Duo Er Gong
"Seize with Both Arms"

69. 虎 虎 Hua Hu
"Ride the Tiger"

- 70. 身擺連 *Zhuan Shen Bai Lian*
"Turning Body Swinging in Succession"
- 71. 頭炮 *Dang Tou Pao*
"Overhead Cannons"
- 72. 剛搗確 *Jin Gang Dao Dui*
"Mahavairocana Pounds His Thunderbolt"

陳氏太極拳新架

(1) 金剛搗碓 (2) 攬拳收 (3) 合手 (4) 單鞭 (5) 金剛搗碓

(6) 白鶴亮翅 (7) 樓膝拗步 (8) 初收 (9) 斜行拗步 (10) 再收

(11) 金剛搗碓 (12) 編身捶 (13) 背折靠 (14) 白猿獻菓 (15) 肘底者拳

(16) 倒捲肱 (17) 白鶴亮翅 (18) 樓膝拗步 (19) 閃通背 (20) 抱頭推山

(21) 單鞭 (22) 雲手 (23) 高探馬 (24) 左轉身靠 (25) 右掃脚 (26) 右轉身靠

(27) 左掃脚 (28) 雙風貫耳 (29) 左蹬一跟 (30) 擊地捶 (31) 踢二起

(32) 獸頭勢 (33) 旋風脚 (34) 雙風貫耳 (35) 右蹬一跟 (36) 鷄子翻身

(37) 抱頭推山 (38) 格手 (39) 野馬鬃鬃 (40) 格手 (41) 玉女穿梭 (42) 穿心肘

(43) 單鞭 (44) 雲手 (45) 跌叉 (46) 金鷄獨立 (47) 朝天蹬 (48) 倒捲肱

(49) 白鶴亮翅 (50) 樓膝拗步 (51) 閃通背 (52) 穿心肘 (53) 單鞭

(54) 雲手 (55) 高探馬 (56) 十字脚 (57) 扶膝捶 (58) 金剛搗碓

(59) 攬拳收 (60) 合手 (61) 黃龍擺水 (62) 崩拳 (63) 崩拳

(64) 崩拳 (65) 崩拳 (66) 崩拳 (67) 崩拳 (68) 崩拳 (69) 崩拳

(70) 崩拳 (71) 崩拳 (72) 崩拳 (73) 崩拳 (74) 崩拳 (75) 崩拳

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金燕牌