

Traditional Yang Long (85) Form

85式杨式太极拳动作名称

Part 1 第一段		
1	Beginning movement	起 势
2	Grasp the sparrow's tail	揽雀尾
3	Single whip	单鞭
4	Lift hands	提手上势
5	White crane opens wings	白鹤亮翅
6	Brush left knee twist step	左搂膝拗步
7	Strum the lute	手挥琵琶
8	Brush left knee twist step	左搂膝拗步
9	Brush right knee twist step	右搂膝拗步
10	Brush left knee twist step	左搂膝拗步
11	Strum the lute	手挥琵琶
12	Brush left knee twist step	左搂膝拗步
13	Advance, strike down, parry & punch	进步搬拦锤
14	Apparent closure	如封似闭
15	Cross hands	十字手
Part 2 第二段		
16	Carry tiger to the mountain	抱虎归山
17	Fist under elbow	肘底看锤
18	Repulse the monkey	倒撵猴
19	Diagonal flying	斜飞式
20	Lift hands	提手上势
21	White crane opens wings	白鹤亮翅
22	Brush left knee twist step	左搂膝拗步
23	Needle to the ocean bottom	海底针
24	Fan through back	闪通背
25	Turn body & strike with backfist	翻身撒身锤
26	Advance, strike down, parry & punch	进步搬拦锤
27	Step forward & grasp sparrow's tail	上步揽雀尾
28	Single whip	单鞭
29	Cloud hand	云手
30	Single whip	单鞭
31	High pat horse	高探马
32	Right separate the feet	右分脚

33	Left separate the feet	左分脚
34	Turn body & left press the heel	转身左蹬脚
35	Left and right brush knee twist step	左右搂膝拗步
36	Advance & punch downward	进步栽锤
37	Turn body & backfist	翻身撒身锤
38	Advance, strike down, parry & punch	进步搬拦锤
39	Right press the heel	右蹬脚
40	Left hit tiger	左打虎式
41	Right hit tiger	右打虎式
42	Right press the heel	右蹬脚
43	Double winds to ears	双峰贯耳
44	Left press the heel	左蹬脚
45	Turn body & right press the heel	转身右蹬脚
46	Advance, strike down, parry & punch	进步搬拦锤
47	Apparent closure	如封似闭
48	Cross hands	十字手
Part 3 第三段		
49	Carry tiger to the mountain	抱虎归山
50	Diagonal single whip	斜单鞭
51	Part wild horse's mane	野马分鬃
52	Grasp sparrow's tail	揽雀尾
53	Single whip	单鞭
54	Fair lady works shuttles	玉女穿梭
55	Grasp sparrow's tail	揽雀尾
56	Single whip	单鞭
57	Cloud hands	云手
58	Squatting single whip	单鞭下势
59	Golden pheasant stands on one leg	金鸡独立
60	Repulse the monkey	倒撵猴
61	Diagonal flying	斜飞式
62	Lift hands	提手上势
63	White crane opens wings	白鹤亮翅
64	Brush left knee twist step	左搂膝拗步
65	Needle to the ocean bottom	海底针
66	Fan through back	闪通背
67	White snakes spits tongue	白蛇吐信
68	Strike down, parry & punch	搬拦锤
69	Grasp sparrow's tail	揽雀尾
70	Single whip	单鞭

71	Cloud hand 3 times	云手
72	Single whip	单鞭
73	High pat horse, twist palm	高探马带穿掌
74	Cross hands, press the heel	十字蹬腿
75	Punch to the groin	指裆锤
76	Grasp sparrow's tail	揽雀尾
77	Squatting single whip	单鞭下势
78	Step into seven stars	上步七星
79	Step back ride tiger	退步跨虎
80	Turn body sweep lotus	转身摆莲
81	Bend bow to shoot tiger	弯弓射虎
82	Advance, strike down, parry & punch	进步搬拦锤
83	Apparent closure	如封似闭
84	Cross hands	十字手
85	Closing action	收势