



24 式太極拳 24 Form Tai Chi

- | | |
|--------------|---|
| 第 1 式：起勢 | 1. Opening form, Commence form |
| 第 2 式：左右野馬分鬃 | 2. Part wild horse's mane left
Part wild horse's mane right
Part wild horse's mane left |
| 第 3 式：白鶴亮翅 | 3. Crane spreads its wings |
| 第 4 式：左右擻膝拗步 | 4. Brush knee; twist step left
Brush knee; twist step right
Brush knee; twist step left |
| 第 5 式：手揮琵琶 | 5. Strum the lute |
| 第 6 式：左右倒卷肱 | 6. Step back to repulse monkey
Step back to repulse monkey
Step back to repulse monkey
Step back to repulse monkey |
| 第 7 式：左攬雀尾 | 7. Grasping the bird's tail left, Fishes in eight to the left |
| 第 8 式：右攬雀尾 | 8. Grasping the bird's tail right, Fishes in eight to the right |
| 第 9 式：單鞭 | 9. Single whip |
| 第 10 式：雲手 | 10. Wave hands like clouds to both sides
Wave hands like clouds to both sides
Wave hands like clouds to both sides |
| 第 11 式：單鞭 | 11. Single whip, Raise hands to the heavens |
| 第 12 式：高探馬 | 12. High pat on horse |
| 第 13 式：右蹬腳 | 13. Right heel kick to the corner |
| 第 14 式：雙峰貫耳 | 14. Double wind goes through the ears, Phoenix punch |
| 第 15 式：轉身左蹬腳 | 15. Turn to kick with the left heel |
| 第 16 式：左下勢獨立 | 16. Snake creeps down,
Golden rooster stands on left leg |
| 第 17 式：右下勢獨立 | 17. Turn and snake creeps down
Golden rooster stands on right leg |
| 第 18 式：左右穿梭 | 18. Step up to fair lady works the shuttles
Step up to fair lady works the shuttles |
| 第 19 式：海底針 | 19. Step back and search for golden needle at sea bed |
| 第 20 式：閃通臂 | 20. Fan trough the back |
| 第 21 式：轉身搬攔錘 | 21. Turn to chop with the fist, Step up to parry and punch |
| 第 22 式：如封似閉 | 22. Sit back and double palm strike
Sit back for apparent close up |
| 第 23 式：十字手 | 23. Cross hands |
| 第 24 式：收勢 | 24. Close form |

24式太極拳 動作名稱

第1式： <u>起勢</u>	第2式： <u>左右野馬分鬃</u>	第3式： <u>白鶴亮翅</u>	第4式： <u>左右攙膝拗步</u>
第5式： <u>手揮琵琶</u>	第6式： <u>左右倒卷肱</u>	第7式： <u>左攙雀尾</u>	第8式： <u>右攙雀尾</u>
第9式： <u>單鞭</u>	第10式： <u>雲手</u>	第11式： <u>單鞭</u>	第12式： <u>高探馬</u>
第13式： <u>右蹬腳</u>	第14式： <u>雙峰貫耳</u>	第15式： <u>轉身左蹬腳</u>	第16式： <u>左下勢獨立</u>
第17式： <u>右下勢獨立</u>	第18式： <u>左右穿梭</u>	第19式： <u>海底針</u>	第20式： <u>閃通臂</u>
第21式： <u>轉身搬攔捶</u>	第22式： <u>如封似閉</u>	第23式： <u>十字手</u>	第24式： <u>收勢</u>

42式太極拳競賽套路 動作名稱

1. <u>起勢</u>	2. <u>右攙雀尾</u>	3. <u>左單鞭</u>	4. <u>提手</u>
5. <u>白鶴亮翅</u>	6. <u>攙膝拗步（二）</u>	7. <u>撇身捶</u>	8. <u>捋擠勢</u>
9. <u>進步搬攔捶</u>	10. <u>如封似閉</u>	11. <u>開合手</u>	12. <u>右單鞭</u>
13. <u>肘底捶</u>	14. <u>轉身推掌</u>	15. <u>玉女穿梭</u>	16. <u>右左蹬腳</u>
17. <u>掩手肱捶</u>	18. <u>野馬分鬃</u>	19. <u>雲手</u>	20. <u>獨立打虎</u>
21. <u>右分腳</u>	22. <u>雙峰貫耳</u>	23. <u>左分腳</u>	24. <u>轉身拍腳</u>
25. <u>進步栽捶</u>	26. <u>斜飛勢</u>	27. <u>單鞭下勢</u>	28. <u>金雞獨立（二）</u>
29. <u>退步穿掌</u>	30. <u>虛步壓掌</u>	31. <u>獨立托掌</u>	32. <u>馬步靠</u>
33. <u>轉身大捋</u>	34. <u>歇步擒打</u>	35. <u>穿掌下勢</u>	36. <u>上步七星</u>
37. <u>退步跨虎</u>	38. <u>轉身擺蓮</u>	39. <u>彎弓射虎</u>	40. <u>十字手</u>
41. <u>左攙雀尾</u>	42. <u>收勢</u>		



The Solo Exercise of Tai Chi Chuan 37 Form
楊式太極拳 37 式 (鄭曼青 Cheng Man Chin 37 Form)

1、預備式 Preparation

2、起勢 Beginning

3、攬雀尾

Grasp Sparrow's Tail, Ward-off, Left

Grasp Sparrow's Tail, Ward-off, Right

Grasp Sparrow's Tail, Rollback

Grasp Sparrow's Tail, Press 擠

Grasp Sparrow's Tail, Push 按

4、單鞭 Single Whip

5、提手上勢、靠 Lift Hands, Lean Forward

6、白鶴亮翅 Stork Spreads Wings

7、左摟膝拗步 Brush left Knee and Twist Step

8、手揮琵琶 Play the Guitar

9、右摟膝拗步 Brush Right Knee and Twist Step

10、進步搬攔捶 Step Forward, Deflect Downward, Parry and Punch

11、如封似閉 Withdraw and Push

12、十字手 Cross Hands

13、抱虎歸山 Embrace Tiger and Return to Mountain

14、攬雀尾

Grasp Sparrow's Tail, Rollback

Grasp Sparrow's Tail, Press

Grasp Sparrow's Tail, Push

15、單鞭 Single Whip

16、肘底看捶 Punch Under Elbow

17、倒攙猴

Step Back and Repulse Monkey, Right

Step Back and Repulse Monkey, Left

Step Back and Repulse Monkey, Right

18、斜飛式 Diagonal Flying (or Dr. Gary's [右野馬分鬃](#) Part wild horse's mane right)

19、雲手

Wave Hands in Clouds, Right

Wave Hands in Clouds, Left

Wave Hands in Clouds, Right

Wave Hands in Clouds, Left

20、单鞭、单鞭下势 Single Whip, Squatting Single Whip

21、金雞獨立

Golden Cock Stands on One leg, Right

Golden Cock Stands on One leg, Left

22、右左分腳、左蹬腳

Separate Right Foot

Separate Left Foot

Turn and Strike With Heel

23、右擽膝拗步、左擽膝拗步

Brush Left Knee and Twist Step

Brush Right Knee and Twist Step

24、進步栽捶 Step Forward and Strike With Fist

25、攬雀尾

Grasp Sparrow's Tail, Ward-off, Right

Grasp Sparrow's Tail, Rollback

Grasp Sparrow's Tail, Press

Grasp Sparrow's Tail, Push

26、單鞭 Single Whip

27、玉女穿梭

Fairy Lady Works at Shuttles, Right

Fairy Lady Works at Shuttles, Left

Fairy Lady Works at Shuttles, Right

Fairy Lady Works at Shuttles, Left

28、攬雀尾

Grasp Sparrow's Tail, Ward-off, Left

Grasp Sparrow's Tail, Ward-off, Right

Grasp Sparrow's Tail, Rollback

Grasp Sparrow's Tail, Press

Grasp Sparrow's Tail, Push

29、单鞭、单鞭下势 Single Whip, Squatting Single Whip

30、上步七星 Step Forward to Seven Stars

31、退步跨虎 Step Back and Ride Tiger

32、轉身擺蓮 Turn Body and Sweep Lotus with Leg

33、彎弓射虎 Bend Bow and Shoot Tiger

34、進步搬攔捶 Step Forward, Deflect Downward, Parry and Punch

35、如封似閉 Withdraw and Push

36、十字手 Cross Hands

37、收勢 Conclusion