

Traditional Yang Long (85) Form 85式杨式太极拳动作名称	Chen Style Taijiquan Old Frame, First Form, Laojia Yilu
Part 1 第一段 1 Beginning movement 起势	1. Beginning Posture of Taijiquan <i>Taiji Qi Shi</i> 2. Pounding the Mortar <i>Jin Gang Dao Dui</i>
2 Grasp the sparrow's tail 揽雀尾	3. Lazily Tying One's Coat <i>Lan Zha Yi</i> 4. Six Sealing and Four Closing <i>Liu Feng Si Bi</i>
3 Single whip 单鞭	5. Single Whip <i>Dan Bian</i>
4 Lift hands 提手上势	6. Pounding the Mortar <i>Jin Gang Dao Dui</i>
5 White crane opens wings 白鹤亮翅	7. White Crane Spreads Its Wings <i>Bai E Liang Chi</i>
6 Brush left knee twist step 左搂膝拗步	8. Slanted Walking <i>Xie Xing</i>
7 Strum the lute 手挥琵琶	
8 Brush left knee twist step 左搂膝拗步	9. Brush Knee <i>Lou Xi</i>
9 Brush right knee twist step 右搂膝拗步	10. Stepping to Both Sides <i>Ao Bu</i> 11. Slanted Walking <i>Xie Xing</i>
10 Brush left knee twist step 左搂膝拗步	12. Brush Knee <i>Lou Xi</i>
11 Strum the lute 手挥琵琶	13. Stepping to Both Sides <i>Ao Bu</i>
12 Brush left knee twist step 左搂膝拗步	
13 Advance, strike down, parry & punch 进步 搬拦锤	14. Covered Fist Punch <i>Yan Shou Hong Quan</i>
14 Apparent closure 如封似闭	15. Pounding the Mortar <i>Jin Gang Dao Dui</i>
15 Cross hands 十字手	16. Hit and Drape Fist Over Body <i>Pie Shen Quan</i>
Part 2 第二段	
16 Carry tiger to the mountain 抱虎归山	17. Green Dragon Emerges from the Water <i>Qing Long Chu Shui</i> 18. Pushing With Both Hands <i>Shuang Tui Shou</i>

17 Fist under elbow 肘底看锤	19. Fist Under Elbow <i>Zhou Di Kan Quan</i>
18 Repulse the monkey 倒撵猴	20. Stepping Back and Whirling the Arms <i>Dao Juan Hong</i>
19 Diagonal flying 斜飞式	
20 Lift hands 提手上势	
21 White crane opens wings 白鹤亮翅	21. White Crane Spreads Its Wings <i>Bai E Liang Chi</i>
22 Brush left knee twist step 左搂膝拗步	22. Diagonal Posture <i>Xie Xing</i>
23 Needle to the ocean bottom 海底针	
24 Fan through back 闪通背	23. Turning Back with Arms Twining <i>Shan Tong Bei</i>
25 Turn body & strike with backfist 翻身撒身锤	
26 Advance, strike down, parry & punch 进步搬拦锤	24. Covered Fist Punch <i>Yan Shou Gong Quan</i>
27 Step forward & grasp sparrow's tail 上步揽雀尾	25. Six Sealing and Four Closing <i>Liu Feng Si Bi</i>
28 Single whip 单鞭	26. Single Whip <i>Dan Bian</i>
29 Cloud hand 云手	27. Cloud Hands <i>Yun Shou</i>
30 Single whip 单鞭	
31 High pat horse 高探马	28. High Pat on Horse <i>Gao Tan Ma</i>
32 Right separate the feet 右分脚	29. Slapping the Right Foot <i>You Ca Jiao</i>
33 Left separate the feet 左分脚	30. Slapping the Left Foot <i>Zuo Ca Jiao</i>
34 Turn body & left press the heel 转身左蹬脚	31. Kicking with the Left Heel <i>Zuo Deng Yi Gen</i>
35 Left and right brush knee twist step 左右搂膝拗步	32. Walking Forward by Stepping to Both Sides <i>Qian Tang Ao Bu</i>
36 Advance & punch downward 进步栽锤	33. Punching Toward the Ground <i>Ji Di Chui</i>

37 Turn body & backfist 翻身撒身锤	
38 Advance, strike down, parry & punch 进步搬拦锤	34. Turning and Kicking Twice in the Air <i>Ti Er Qi</i> 35. Protecting the Heart with the Fist <i>Hu Xin Quan</i>
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	36. Tornado Kick <i>Xuan Feng Jiao</i> 37. Kick with the Right Heel <i>You Deng Yi Gen</i>
46 Advance, strike down, parry & punch 进步搬拦锤	38. Covered Fist Punch <i>Yan Shou Gong Quan</i>
47 Apparent closure 如封似闭	39. Small Grab and Hit <i>Xiao Qin Da</i>
48 Cross hands 十字手	
Part 3 第三段	
49 Carry tiger to the mountain 抱虎归山	40. Embrace the Head and Push the Mountain <i>Bao Tou Tui Shan</i> 41. Six Sealing and Four Closing <i>Liu Feng Si Bi</i>
50 Diagonal single whip 斜单鞭	42. Single Whip <i>Dan Bian</i>
51 Part wild horse's mane 野马分鬃	43. Forward Technique <i>Qian Zhao</i> 44. Backward Technique <i>Hou Zhao</i> 45. Parting the Wild Horse's Mane <i>Ye Ma Fen Zong</i>
52 Grasp sparrow's tail 揽雀尾	46. Six Sealing and Four Closing <i>Liu Feng Si Bi</i>
53 Single whip 单鞭	47. Single Whip <i>Dan Bian</i>
54 Fair lady works shuttles 玉女穿梭	48. Jade Maiden Working Her Loom

	<i>Yu Nu Chuan Suo</i>
55 Grasp sparrow's tail 揽雀尾	49. Lazily Tying One's Coat <i>Lan Zha Yi</i> 50. Six Sealing and Four Closing <i>Liu Feng Si Bi</i>
56 Single whip 单鞭	51. Single Whip <i>Dan Bian</i>
57 Cloud hands 云手	52. Cloud Hands <i>Yun Shou</i>
58 Squatting single whip 单鞭下势	53. Swing the Foot and Drop Down <i>Bai Jiao Die Cha</i>
59 Golden pheasant stands on one leg 金鸡独立	54. Golden Rooster Standing on One Leg <i>Jin Ji Du Li</i>
60 Repulse the monkey 倒撵猴	55. Stepping Back and Whirling the Arms <i>Dao Juan Gong</i>
61 Diagonal flying 斜飞式	
62 Lift hands 提手上势	
63 White crane opens wings 白鹤亮翅	56. White Crane Spreads It's Wings <i>Bai E Liang Chi</i>
64 Brush left knee twist step 左搂膝拗步	57. Diagonal Posture <i>Xie Xing</i>
65 Needle to the ocean bottom 海底针	
66 Fan through back 闪通背	58. Turning Back with Arms Twining <i>Shan Tong Bei</i>
67 White snakes spits tongue 白蛇吐信	
68 Strike down, parry & punch 搬拦锤	59. Covered Fist Punch <i>Yan Shou Gong Quan</i>
69 Grasp sparrow's tail 揽雀尾	60. Six Sealing and Four Closing <i>Liu Feng Si Bi</i>
70 Single whip 单鞭	61. Single Whip <i>Dan Bian</i>
71 Cloud hand 3 times 云手	62. Cloud Hands <i>Yun Shou</i>
72 Single whip 单鞭	
73 High pat horse, twist palm 高探马带穿掌	63. High Pat on Horse <i>Gao Tan Ma</i>

74 Cross hands, press the heel 十字蹬腿	64. Reverse Sweep with Right Leg Crossing <i>Shi Zi Jiao</i>
75 Punch to the groin 指裆锤	65. Punch Toward the Crotch <i>Zhi Dang Chui</i>
76 Grasp sparrow's tail 揽雀尾	66. White Ape Presents Fruit <i>Yuan Hou Tan Guo</i>
77 Squatting single whip 单鞭下势	67. Single Whip <i>Dan Bian</i>
78 Step into seven stars 上步七星	68. Dragon Rolling Downward Que Di 69. Stepping Forward into Seven Stars Stance <i>Shang Bu Qi Xing</i>
79 Step back ride tiger 退步跨虎	70. Stepping Backward into Riding Stance <i>Xia Bu Kua Gong</i>
80 Turn body sweep lotus 转身摆莲	71. Turn Around and Sweep with Both Legs <i>Zhuan Shen Shuang Bai Lian</i>
81 Bend bow to shoot tiger 弯弓射虎	72. Cannon Right Overhead <i>Dang Tou Pao</i>
82 Advance, strike down, parry & punch 进步 搬拦锤	
83 Apparent closure 如封似闭	
84 Cross hands 十字手	73. Pounding the Mortar <i>Jin Gang Dao Dui</i>
85 Closing action 收势	74. Closing Posture of <i>Taijiquan Shou Shi</i>