

## 48 Movement Taijiquan Form (in 6 sections)

\*Beginning Action and Closing Action are not officially counted.

### Section 1

\*1a. Beginning Action

起勢 Qi Shi

1. White Crane Spreads Wings

白鶴亮翅 Bai He Liang Chi

2. Left Brush Knee

左擽膝拗步 Zuo Lou Xi Ao Bu

3. Left Single Whip

左單鞭 Zuo Dan Bian

4. Left Strum Lute

左琵琶勢 Zuo Pi Pa Shi

5. Roll Back & Press (3 times, LRL)

履擠勢 Lue Ji Shi

6. Left Back fist, Parry & Punch

左搬攔捶 Zuo Ban Lan Chui

7. Left Ward off, Roll back, Press & Push (“Grasp Sparrow's Tail”)

左棚履擠按 Zuo Peng Lue Ji An

### Section 2

8. Diagonal Lean (“Diagonal shove”)

斜身靠 Xie Shen Kao

9. Fist Under Elbow

肘底捶 Zhou Di Chui

10. Repulse Monkey (4 times, RLRL)

倒卷肱 Dao Juan Gong

11. Turn Body and Thrust Palm (“Brush knee half step” to 4 corners, LRLR)

轉身推掌 Zhuan Shen Tui Zhang

12. Strum Lute

右琵琶勢 You Pi Pa Shi

13. Brush Knee Punch Down

擻膝栽捶 Lou Xi Zai Chui

### Section 3

14. White Snake Spits Tongue (2 times, LR)

白蛇吐信 Bai She Tu Xin

15. Slap Foot and Tame the Tiger (“Separate Feet & Hit Tiger” 2 times, LR)

拍脚伏虎 Pai Jiao Fu Hu

16. Left Fling Fist Across Body (Diagonal Back Fist)

左撇身捶 Zuo Pie Shen Chui

17. Piercing Fist Lower Body (“Snake Creeps Down”)

穿拳下勢 Chuan Quan Xia Shi

18. Stand on One Leg & Prop Up Palm (“Golden Pheasant Stands on One Leg”; L R)

獨立撐掌 Du Li Cheng Zhang

19. Right Single Whip

右單鞭 You Dan Bian

### Section 4

20. Right Cloud Hands (3 times to R)

右雲手 You Yun Shou

21. Right & Left Part Horse's Mane

右左分鬃 You Zuo Fen Zong

22. High Pat Horse

高探馬 Gao Tan Ma

23. Right Heel Kick

右蹬脚 You Deng Jiao

24. Strike Ears with Both Fists (“Double Winds to the Ears”)

雙風貫耳 Shuang Feng Guan Er

25. Left Heel Kick

左蹬脚 Zuo Deng Jiao

26. Cover Hands & Strike with Fist

掩手撩捶 Yan Shou Liao Chui

27. Needle in Sea Bottom

海底针 Hai Di Zhen

28. Fan Through the Back

閃通背 Shan Tong Bei

## Section 5

29. Right and Left Toe Kick (Separate Feet)

右左分脚 You Zuo Fen Jiao

30. Brush Knee Cross Stance (2 times, LR)

擻膝拗步 Lou Xi Ao Bu

31. Step Forward, Grab and Punch

上步擒打 Shang Bu Qin Da

32. Apparent Closure (“Action of Closing Doors”)

如封似閉 Ru Feng Si Bi

33. Left Cloud Hands (3 times to L)

左雲手 Zuo Yun Shou

34. Right Diagonal Back Fist

右撇身捶 You Pie Shen Chui

35. Left and Right Work Shuttles

左右穿梭 Zuo You Chuan Suo

36. Step Back & Piercing Palm (Cross Palms)

退步穿掌 Tui Bu Chuan Zhang

## Section 6

37. Empty Stance Press Palm

虛步壓掌 Xu Bu Ya Zhang

38. Stand on One Leg Lift Palm

獨立托掌 Du Li Tuo Zhang

39. Lean in Horse Stance (“Shove” to L)

馬步靠 Ma Bu Kao

40. Turn Body and Large Roll Back

轉身大捩 Zhuan Shen Da Lue

41. Lift Palm & Lower Body (Low Palm Strike & “Snake Creeps Down”)

撩掌下勢 Liao Zhang Xia Shi

42. Step Up & Cross Fists (“Step Up to Seven Stars”)

上步十字拳 Shang Bu Shi Zi Shou Quan

43. Stand on One Leg & Ride Tiger

獨立跨虎 Du Li Kua Hu

44. Turn Body & Sweep Lotus

轉身擺蓮 Zhuan Shen Bai Lian

45. Pull Bow to Shoot Tiger

彎弓射虎 Wan Gong She Hu

46. Right Deflect, Parry and Punch

右搬攔捶 You Ban Lan Chui

47. Right Ward Off, Roll back, Press and Push (“Grasp Sparrow's Tail”)

右棚履擠按 You Peng Lue Ji An

48. Cross Hands

十字手 Shi Zi Shou

\*48b. Closing Action

收勢 Shou Shi