

太極拳

TAI CHI CHUAN SEQUENCE OF MOVEMENTS

Tung Family Yang Style

first set

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| 1. Yù Bèi Shì 預備式 | Getting Ready Posture |
| 2. Tài Jí Qǐ Shì 太極起式 | Tai Chi Arising |
| 3. Lǎn Què Wěi 攬雀尾 | Grasp the Bird's Tail |
| 4. Dān Biān 單鞭 | Single Whip |
| 5. Tí Shǒu 提手 | Close Hands |
| 6. Bái Hè Liàng Chì 白鶴亮翅 | White Crane Spreads Wings |
| 7. Zuǒ Lǒu Xī Niú Bù 左樓膝拗步 | Brush Left Knee and Push |
| 8. Shǒu Hūi Pí Pā 手揮琵琶 | Play the Guitar |
| 9. Zuǒ Lǒu Xī Niú Bù 左樓膝拗步 | Brush Left Knee and Push |
| 10. Yòu Lǒu Xī Niú Bù 右樓膝拗步 | Brush Right Knee and Push |
| 11. Zuǒ Lǒu Xī Niú Bù 左樓膝拗步 | Brush Left Knee and Push |
| 12. Shǒu Hūi Pí Pā 手揮琵琶 | Play the Guitar |
| 13. Zuǒ Lǒu Xī Niú Bù 左樓膝拗步 | Brush Left Knee and Push |
| 14. Jìn Bù Bān Lǎn Chuí 進步搬攬捶 | Step Forward and Strike |
| 15. Rú Fēng Sì Bì 如封似閉 | Listen and Seal Up as if Closed |
| 16. Shí Zì Shǒu 十字手 | Cross Hands |

second set

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| 17. Bào Hū Guī Shān 抱虎歸山 | Carry Tiger Back to Mountain |
| 18. Zhǒu Dǐ Kān Chuí 肘底看捶 | Elbow Hides the Strike |
| 19. Dǎo Niǎn Hóu 倒攆猴 | Repulse and Repel the Monkey |
| 20. Xié Fēi Shì 斜飛式 | Slanted Flying |
| 21. Tí Shǒu 提手 | Close Hands |
| 22. Bái Hè Liàng Chì 白鶴亮翅 | White Crane Spreads Wings |
| 23. Zuǒ Lǒu Xī Niú Bù 左樓膝拗步 | Brush Left Knee and Push |
| 24. Hǎi Dǐ Zhēn 海底針 | Needle at the Bottom of the Sea |
| 25. Shān Tōng Bì 山通臂 | Mountain Moving Arms |
| 26. Piē Shēn Chuí 撇身捶 | Abandon the Body Strike |
| 27. Shàng Bù Bān Lǎn Chuí 上步搬攪捶 | Step Forward and Strike |
| 28. Lǎn Què Wěi 攪雀尾 | Grasp the Bird's Tail |
| 29. Dān Biān 單鞭 | Single Whip |
| 30. Yún Shǒu 雲手 | Cloud Hands |
| 31. Dān Biān 單鞭 | Single Whip |
| 32. Gāo Tàn Mǎ 高探馬 | High Searching Horse |
| 33. Yòu Fēn Jiǎo 右分腳 | Right Side Kick |
| 34. Zuǒ Fēn Jiǎo 左分腳 | Left Side Kick |
| 35. Zhuǎn Shēn Dēng Jiǎo 轉身蹬腳 | Turn Around and Heel Kick |
| 36. Zuǒ Lǒu Xī Niú Bù 左樓膝拗步 | Brush Left Knee and Push |
| 37. Yòu Lǒu Xī Niú Bù 右樓膝拗步 | Brush Right Knee and Push |
| 38. Jìn Bù Zāi Chuí 進步栽捶 | Step Up and Plant the Strike |
| 39. Piē Shēn Chuí 撇身捶 | Abandon the Body Strike |
| 40. Shàng Bù Bān Lǎn Chuí 上步搬攪捶 | Step Forward and Punch |
| 41. Xié Shēn Yòu Dēng Jiǎo 斜身右蹬腳 | Twist Body and Right Heel Kick |
| 42. Dǎ Hū Shì 打虎式 | Fighting Tiger |

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| 43. Huí Shēn Yòu Dēng Jiǎo 回身右蹬腳 | Sit Back and Right Heel Kick |
| 44. Shuāng Fēng Guàn Ěr 雙風貫耳 | Double Winds Pierce the Ears |
| 45. Zuǒ Dēng Jiǎo 左蹬腳 | Left Heel Kick |
| 46. Zhuǎn Shēn Yòu Dēng Jiǎo 轉身右蹬腳 | Turn Around and Right Heel Kick |
| 47. Shàng Bù Bān Lǎn Chuí 上步搬攪捶 | Step Forward and Strike |
| 48. Rú Fēng Sì Bì 如封似閉 | Listen and Seal Up as if Closed |
| 49. Shí Zì Shǒu 十字手 | Cross Hands |

third set

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| 50. Bào Hū Guī Shān 抱虎歸山 | Carry Tiger Back to Mountain |
| 51. Xié Dān Biān 斜單鞭 | Diagonal Single Whip |
| 52. Yě Mǎ Fēn Zōng 野馬分鬃 | Part the Wild Horse's Mane |
| 53. Lǎn Què Wěi 攪雀尾 | Grasp the Bird's Tail |
| 54. Dān Biān 單鞭 | Single Whip |
| 55. Yù Nǚ Chuān Suō 玉女穿梭 | Jade Lady Works the Shuttle |
| 56. Lǎn Què Wěi 攪雀尾 | Grasp the Bird's Tail |
| 57. Dān Biān 單鞭 | Single Whip |
| 58. Yún Shǒu 雲手 | Cloud Hands |
| 59. Dān Biān 單鞭 | Single Whip |
| 60. Dān Biān Xià Shì 單鞭下式 | Single Whip Lower Posture |
| 61. Jīn Jī Dú Lì 金雞獨立 | Golden Rooster Stands Alone |
| 62. Dǎo Niǎn Hóu 倒攆猴 | Repulse and Repel the Monkey |
| 63. Xié Fēi Shì 斜飛式 | Slanted Flying |
| 64. Tí Shǒu 提手 | Close Hands |
| 65. Bái Hè Liàng Chì 白鶴亮翅 | White Crane Spreads Wings |
| 66. Zuǒ Lǒu Xī Niú Bù 左擻膝拗步 | Brush Left Knee and Push |
| 67. Hǎi Dǐ Zhēn 海底針 | Needle at the Bottom of the Sea |

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| 68. Shān Tōng Bì 山通臂 | Mountain Moving Arms |
| 69. Bái Shé Tù Xìn 白蛇吐信 | White Snake Flicks Tongue |
| 70. Shàng Bù Bān Lǎn Chuí 上步搬攬捶 | Step Forward and Strike |
| 71. Lǎn Què Wěi 攬雀尾 | Grasp the Bird's Tail |
| 72. Dān Biān 單鞭 | Single Whip |
| 73. Yún Shǒu 雲手 | Cloud Hands |
| 74. Dān Biān 單鞭 | Single Whip |
| 75. Gāo Tàn Mǎ 高探馬 | High Searching Horse |
| 76. Dài Chuān Zhǎng 代穿掌 | Thrust and Thread the Palm |
| 77. Zhuǎn Shēn Shí Zì Tuǐ 轉身十字腿 | Turn Around and Cross Kick |
| 78. Jìn Bù Zhǐ Dāng Chuí 進步指裆捶 | Step Up and Strike the Groin |
| 79. Shàng Bù Lǎn Què Wěi 上步攬雀尾 | Grasp the Bird's Tail (with Step) |
| 80. Dān Biān 單鞭 | Single Whip |
| 81. Dān Biān Xià Shì 單鞭下式 | Single Whip Lower Posture |
| 82. Shàng Bù Qī Xīng Chuí 上步七星捶 | Step Up and Seven-Star Strike |
| 83. Tuì Bù Kuà Hū 退步跨虎 | Step Back Over the Tiger |
| 84. Zhuǎn Shēn Shuāng Bǎi Lian 轉身雙擺蓮 | Spin Around and Slap Kick |
| 85. Wān Gōng Shè Hū 彎弓射虎 | Draw Bow and Shoot Tiger |
| 86. Shàng Bù Bān Lǎn Chuí 上步搬攬捶 | Step Forward and Strike |
| 87. Rú Fēng Sì Bì 如封似閉 | Listen and Seal Up as if Closed |
| 88. Shí Zì Shǒu 十字手 | Cross Hands |
| 89. Hé Tài Jí 合太極 | Unify Tai Chi |