

杨式太极拳（85式）

The 85 Forms of Yang Style Taiji Quán

- 蓓蕾編輯
- Edited by Peilei

1	預备式	yù bèi shì	Prepare form
2	起勢	qǐ shì	Commencing form
3	攬雀尾	lǎn què wěi	Grasp the peacock's tail
4	单鞭	dān biān	Single flail
5	提手上勢	tí shǒu shàng shì	Raise hands and step up
6	白鶴亮翅	bái hè liàng chì	White crane spreads its wings
7	左摟膝拗步	zuǒ lǒu xī ào bù	Left brush knee and twist step
8	手揮琵琶	shǒu huī pí pa	Step up parry and punch
9	左右摟膝拗步	zuǒ yòu lǒu xī ào bù	Left and right brush knee and twist step
10	手揮琵琶	shǒu huī pí pa	Hand strums the lute
11	左摟膝拗步	zuǒ lǒu xī ào bù	Left brush knee and twist step
12	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
13	如封似闭	rú fēng sì bì	Apparent close-up
14	十字手	shí zì shǒu	Cross hands
15	抱虎归山	bào hǔ guī shān	Cover tiger and return to mountain
16	肘底看捶	zhǒu dǐ kàn chuí	Fist under elbow
17	左右倒撵猴	zuǒ yòu dào niǎn hóu	Left and right step back and whirl arms on both sides
18	斜飞式	xié fēi shì	Oblique flying
19	提手上勢	tí shǒu shàng shì	Raise hands and step up
20	白鶴亮翅	bái hè liàng chì	White crane spreads its wings
21	左摟膝拗步	zuǒ lǒu xī ào bù	Left brush knee and twist step
22	海底針	hǎi dǐ zhēn	Needle at the bottom of the sea
23	扇通背	shàn tōng bèi	Fan the back
24	撇身捶	piě shēn chuí	Throw fist
25	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
26	上步攬雀尾	shàng bù lǎn què wěi	Step up grasp peacock
27	单鞭	dān biān	Single flail
28	云手	yún shǒu	Wave hands like clouds
29	单鞭	dān biān	Single flail
30	高探马	gāo tàn mǎ	High pat on horse
31	左右分脚	zuǒ yòu fēn jiǎo	Left and right separate legs
32	转身蹬脚	zhuǎn shēn dēng jiǎo	Turn body heel kick
33	左右摟膝拗步	zuǒ yòu lǒu xī ào bù	Left and right brush knee and twist step
34	进步栽捶	jìn bù zāi chuí	Step up and punch down
35	翻身撇身捶	fān shēn piě shēn chuí	Turn body and throw fist
36	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
37	右蹬脚	yòu dēng jiǎo	Kick with right heel
38	左打虎式	zuǒ dǎ hǔ shì	Left strike tiger form
39	右打虎式	yòu dǎ hǔ shì	Right strike tiger form
40	回身右蹬脚	huí shēn yòu dēng jiǎo	Turn body kick with right heel

41	双峰贯耳	shuāng fēng guān ěr	Strike opponent's ears with both fists
42	左蹬脚	zuǒ dēng jiǎo	Kick with left heel
43	转身右蹬脚	zhuǎn shēn yòu dēng jiǎo	Turn body kick with right heel
44	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
45	如封似闭	rú fēng sì bì	Apparent close-up
46	十字手	shí zì shǒu	Cross hands
47	抱虎归山	bào hǔ guī shān	Cover tiger and return to mountain
48	斜单鞭	xié dān biān	Oblique single flail
49	野马分鬃	yě mǎ fēn zōng	Parting wild horse's mane
50	攬雀尾	lǎn què wěi	Grasp the peacock's tail
51	单鞭	dān biān	Single flail
52	玉女穿梭	yù nǚ chuān suō	Working at shuttles (at 4 angles)
53	攬雀尾	lǎn què wěi	Grasp the peacock's tail
54	单鞭	dān biān	Single flail
55	云手	yún shǒu	Wave hands like clouds
56	单鞭	dān biān	Single flail
57	下势	xià shì	Push down
58	金鸡独立	jīn jī dú lì	Golden cock on one leg
59	左右倒撵猴	zuǒ yòu dào niǎn hóu	Step back and whirl arms on both sides
60	斜飞式	xié fēi shì	Oblique flying
61	提手上势	tí shǒu shàng shì	Raise hands and step up
62	白鹤亮翅	bái hè liàng chì	White crane spreads its wings
63	左搂膝拗步	zuǒ lǒu xī ào bù	Left brush knee and twist step
64	海底针	hǎi dǐ zhēn	Needle at the bottom of the sea
65	扇通背	shàn tōng bèi	Fan the back
66	转身白蛇吐信	zhuǎn shēn bái shé tǔ xìn	Turn body white snake showing tongue
67	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
68	攬雀尾	lǎn què wěi	Grasp the peacock's tail
69	单鞭	dān biān	Single flail
70	云手	yún shǒu	Wave hands like clouds
71	单鞭	dān biān	Single flail
72	高探马带穿掌	gāo tàn mǎ dài chuān zhǎng	High pat on horse with thrust palm
73	十字腿	shí zì tuǐ	Turn body cross hands with kick
74	进步指裆捶	jìn bù zhǐ dǎng chuí	Step up strike groin with fist
75	上步攬雀尾	shàng bù lǎn què wěi	Step up and grasp the peacock's tail
76	单鞭	dān biān	Single flail
77	下势	xià shì	Push down
78	上步七星	shàng bù qī xīng	Step up to form seven stars
79	退步跨虎	tuì bù kuà hǔ	Retreat to mount tiger
80	转身摆莲	zhuǎn shēn bǎi lián	Turn body and swing up lotus leg
81	弯弓射虎	wān gōng shè hǔ	Archer shooting tiger
82	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
83	如封似闭	rú fēng sì bì	Apparent close-up
84	十字手	shí zì shǒu	Cross hands
85	收势	shōu shì	Closing form