

杨式太極劍（51式）

The 51 Forms of Yang Style Taiji Jian

- 蓓蕾編輯

- Edited by Peilei

1	三环套月	sān huán tào yuè	Circle the Moon with Three Rings
2	魁星式	kuí xīng shì	Big Dipper
3	燕子抄水	yàn zǐ chāo shuǐ	Swallow Skims the Water
4	左右边拦扫	zuǒ yòu biān lán sǎo	Block and Sweep, Left and Right
5	小魁星式	xiǎo kuí xīng shì	Little Dipper
6	燕子入巢	yàn zǐ rù cháo	Swallow Returns to its Nest
7	灵猫捕鼠	líng māo bǔ shǔ	Agile Cat Seizes the Mouse
8	凤凰抬头	fèng huáng tái tóu	Phoenix Lifts its Head
9	黄蜂入洞	huáng fēng rù dòng	Wasp Enters the Cave
10	凤凰右展翅	fèng huáng yòu zhǎn chì	Phoenix Opens its Right Wing
11	小魁星式	xiǎo kuí xīng shì	Little Dipper
12	凤凰左展翅	fèng huáng zuǒ zhǎn chì	Phoenix Opens its Left Wing
13	等鱼式	děng yú shì	Casting the Fishing Rod
14	左右龙行式	zuǒ yòu lóng xíng shì	Poking the Grass to Seek the Snake, Left and Right
15	宿鸟投林	sù niǎo tóu lín	Birds Lodging in the Forest
16	乌龙摆尾	wū lóng bǎi wěi	Black Dragon Swings its Tail
17	青龙出水	qīng lóng chū shuǐ	Green Dragon Comes Out of the Water
18	风卷荷叶	fēng juǎn hé yè	Lotus Swirls Around in the Wind
19	左右狮子摇头	zuǒ yòu shī zǐ yáo tóu	Lion Shakes its Head, Left and Right
20	虎抱头	hǔ bào tóu	Tiger Covers its Head
21	野马跳涧	yě mǎ tiào jiàn	Mustang Jumps the Ravine
22	勒马式	lè mǎ shì	Reining in the Stallion
23	指南针	zhǐ nán zhēn	Compass
24	左右迎风掸尘	zuǒ yòu yíng fēng dǎn chén	Dusting in the Wind, Left and Right
25	顺水推舟	shùn shuǐ tuī zhōu	Pushing the Canoe with the Current
26	流星赶月	liú xīng gǎn yuè	Shooting Star Chases the Moon
27	天马飞瀑	tiān mǎ fēi pù	Heavenly Steed Flies Over the Waterfall
28	挑帘式	tiǎo lián shì	Lifting Up the Curtain
29	左右车轮	zuǒ yòu chē lún	Cart Wheel, Left and Right
30	燕子衔泥	yàn zǐ xián ní	Swallow Carries Pieces of Earth in its Beak
31	大鹏展翅	dà péng zhǎn chì	Roc Extends its Wings
32	海底捞月	hǎi dǐ lāo yuè	Fishing for the Moon at the Sea Bottom
33	怀中抱月	huái zhōng bào yuè	Embracing the Moon
34	哪吒探海	né zhà tàn hǎi	Naza Explores the Sea Bottom
35	犀牛望月	xī niú wàng yuè	Rhinoceros Looks at the Moon
36	射雁式	shè yàn shì	Shooting the Wild Goose
37	青龙现爪	qīng lóng xiàn zhuǎ	Green Dragon Shows its Claws
38	凤凰双展翅	fèng huáng shuāng zhǎn chì	Phoenix Spreads Both its Wings
39	左右跨拦	zuǒ yòu kuà lán	Step Over and Block Up, Left and Right
40	射雁式	shè yàn shì	Shooting the Wild Goose
41	白猿献果	bái yuán xiàn guǒ	White Ape Presents the Fruit
42	左右落花	zuǒ yòu luò huā	Falling Flowers, Left and Right
43	玉女穿梭	yù nǚ chuān suō	Fair Lady Works at Shuttles
44	白虎摆尾	bái hǔ jiǎo wěi	White Tiger Swings its Tail
45	鱼跳龙门	yú tiào lóng mén	Fish Jumps Over the Dragon Gate
46	左右乌龙绞柱	zuǒ yòu wū lóng jiǎo zhù	Black Dragon Twists Around the Pole, Left and Right
47	仙人指路	xiān rén zhǐ lù	Fairy Points the Way
48	朝天一柱香	cháo tiān yī zhù xiāng	An Incense for Heaven
49	风扫梅花	fèng sǎo méi huā	Plum Flowers Being Swept by the Wind
50	牙笏式	yá hù shì	Presenting the Tablet
51	抱剑归原	bào jiàn guī yuán	Return the Sword to its Original Position