

# 杨式太极拳（表演 18 式）

## The 18 Performance Forms of Yang Style Taiji Quán

- 蓓蕾編輯

- Edited by Peilei

1	起勢	qǐ shì	Commencing form
2	攬雀尾	lǎn què yǐ	Grasp the peacock's tail
3	单鞭	dān biān	Single flail
4	提手上勢	tí shǒu shàng shì	Raise hands and step up
5	白鶴亮翅	bái hè liàng chì	White crane spreads its wings
6	左右擻膝拗步(3)	zuǒ yòu lǒu xī ào bù	Left and right brush knee and twist step (3)
7	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
8	如封似闭	rú fēng sì bì	Apparent close-up
9	左右倒撵猴(3)	zuǒ yòu dào niǎn hóu	Left and right step back and whirl arms on both sides (3)
10	白鶴亮翅	bái hè liàng chì	White crane spreads its wings
11	左擻膝拗步	zuǒ lǒu xī ào bù	Left brush knee and twist step
12	海底針	hǎi dǐ zhēn	Needle at the bottom of the sea
13	扇通背	shàn tōng bèi	Fan the back
14	转身撇身捶	zhuǎn shēn piě shēn chuí	Turn body throw fist
15	进步搬栏捶	jìn bù bān lán chuí	Step up parry and punch
16	上步攬雀尾	shàng bù lǎn què yǐ	Step up grasp peacock
17	单鞭	dān biān	Single flail
18	收勢	shōu shì	Closing form