

楊式太極拳（表演28式）

The 28 Performance Forms of Yang Style Taiji Quán

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1	起勢	qǐ shì	Commencing form
2	攬雀尾	lǎn què yǐ	Grasp the peacock's tail
3	單鞭	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	左右擽膝拗步(3)	zuǒ yòu lǒu xī ào bù	Left and right brush knee and twist step (3)
7	進步搬欄捶	jìn bù bān lán chuí	Step up parry and punch
8	如封似閉	rú fēng sì bì	Apparent close-up
9	左右倒擽猴(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	左擽膝拗步	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	撇身捶	piě shēn chuí	Throw fist
15	進步搬欄捶	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	單鞭	dān biān	Single flail
18	雲手(3)	yún shǒu	Wave hands like clouds (3)
19	單鞭	dān biān	Single flail
20	高探馬	gāo tàn mǎ	High pat on horse
21	右分腳	yòu fēn jiǎo	Right separate legs
22	進步指擋捶	jìn bù zhǐ dǎng chuí	Step up strike groin with fist
23	野馬分鬃(3)	yě mǎ fēn zōng	Parting wild horse's mane (3)
24	玉女穿梭(2)	yù nǚ chuān suō	Working at shuttles (2)
25	進步搬欄捶	jìn bù bān lán chuí	Step up parry and punch
26	如封似閉	rú fēng sì bì	Apparent close-up
27	十字手	shí zì shǒu	Cross hands
28	收勢	shōu shì	Closing form