

杨式太极拳（表演8式）

The 8 Performance Forms of Yang Style Taiji Quán

- 蓓蕾編輯

- Edited by Peilei

1	起勢	qǐ shì	Commencing form
2	左右棚(3)	zuǒ yòu péng	Left and right ward off (3)
3	上步攬雀尾	shàng bù lǎn què yǐ	Step up grasp peacock
4	左右倒擗猴(3)	zuǒ yòu dào niǎn hóu	Left and right step back and whirl arms on both sides (3)
5	左右擗膝拗步(3)	zuǒ yòu lǐu xī ào bù	Left and right brush knee and twist step (3)
6	搬欄捶	bān lán chuí	Parry and punch
7	如封似閉	rú fēng sì bì	Apparent close-up
8	收勢	shōu shì	Closing form