

## TAI CHI CHUAN FORMS

## 太極拳勢

1. Preparation 預備勢 Yu Pei Shih
2. Beginning 起勢 Ch'i Shih
3. Grasp the Sparrow's Tail, Ward Off Left 攬雀尾左棚 Lang Ch'ueh Wei, Tso P'eng
4. Grasp the Sparrow's Tail, Ward Off Right 攬雀尾右棚 Lang Ch'ueh Wei, You P'eng
5. Grasp the Sparrow's Tail, Roll Back 攬雀尾撥 Lang Ch'ueh Wei, Lu
6. Grasp the Sparrow's Tail, Press 攬雀尾擠 Lang Ch'ueh Wei, Chi
7. Grasp the Sparrow's Tail, Push 攬雀尾按 Lang Ch'ueh Wei, An
8. Single Whip 單鞭 Tan Pien
9. Lift Hands 提手 T'i Shou
10. Lean Forward 靠 K'ao
11. The White Crane Spreads it's Wings 白鶴亮翅 Pai Hao Liang Ch'ih
12. Brush Left Knee and Twist Step 左樓膝拗步 Tso Lou Hsieh Yao Pu
13. Play Guitar 手揮琵琶 Shou Hui P'i P'a
- \*14. Brush Left Knee and Twist Step 左樓膝拗步 Tso Lou Hsieh Yao Pu
15. Step Forward, Deflect Downward, Intercept and Punch 進步搬攔捶  
Chin Pu Pan Lan Ch'ui
16. Withdraw and Push 如封似閉 Ju Feng Szu Pi
17. Cross Hands 十字手 Shih Tzu Shou
18. Embrace the Tiger to Return to the Mountain 抱虎歸山 Pao Hu Hwei Shan
- \*19. Grasp the Sparrow's Tail, Roll Back, Press and Push 攬雀尾撥擠按
20. Slanting Single Whip 斜單鞭 Hsieh Tan Pien
21. Looking at the Fist Under the Elbow 肘底看捶 Chow Ti K'an Ch'ui
22. Step Back to Drive the Monkey Away - Right, Left, Right 倒撐猴 - 右, 左, 右  
Tao Nien Hou - You, Tso, You
23. Diagonal Flying Posture 斜飛勢 Hsieh Fei Shih
24. Cloud Hands - Left, Right, Left 雲手 - 左, 右, 左 Yun Shou - Tso, You, Tso
- \*25. Single Whip 單鞭 Tan Pien
26. Single Whip Squatting Down 單鞭下勢 Tan Pien Shia Shih
27. The Golden Pheasant Stands on One Leg - Right, Left 金鷄獨立 - 右, 左  
Chin Chi Tu Li - You, Tso
28. Separate the Right Foot 右分脚 You Fen Chio
29. Separate the Left Foot 左分脚 Tso Fen Chio
30. Turn and Strike with Heel 轉身蹬脚 Chuan Shen Teng Chio
- \*31. Brush Left Knee and Twist Step 左樓膝拗步 Tso Lou Hsieh Yao Pu
32. Brush Right Knee and Twist Step 右樓膝拗步 You Lou Hsieh Yao Pu
33. Step Forward and Strike with Fist 進步栽捶 Chin Pu Tsai Ch'ui
- \*34. Step Forward and Ward Off, Roll Back, Press and Push 上步攬雀尾棚撥擠按  
Chin Pu Lang Ch'ueh Wei, P'eng, Lu, Chi, An
- \*35. Single Whip 單鞭 Tan Pien
36. The Fair Lady Weaving at the Shuttle - 1,2,3,4 玉女穿梭 Yu Nu Ch'uan Suo -1,2,3,4
- \*37. Single Whip 單鞭 Tan Pien
- \*38. Single Whip Squatting Down 單鞭下勢 Tan Pien Shia Shih
39. Step Forward to the Seven Stars of the Dipper 上步七星 Shang Pu Ch'i Hsing
40. Step Back to Ride the Tiger 退步跨虎 T'ui Pu K'ua Hu
41. Turning the Body to Sweep the Lotus with the Leg 轉身擺蓮腿 Chuan Shen Pai Lien T'ui
42. Bend the Bow to Shoot the Tiger 彎弓射虎 Wan Kung She Hu
- \*43. Step Forward, Deflect Downward, Intercept and Punch 進步搬攔捶
- \*44. Withdraw and Push 如封似閉 Ju Feng Szu Pi
- \*45. Cross Hands 十字手 Shih Tzu Shou
46. Conclusion of Tai Chi 合太極 Ho T'ai Chi