

Traditional Yang Style Tai Chi Chuan 103 Movement Form

1.	预备	yu4 bei4	Preparation Form
2.	起式	qi3 shi4	Beginning
3.	拦雀尾	lan2 que4 wei2	Grasp the Bird's tail
4.	单鞭	dan1 bian1	Single whip
5.	提手上势	ti2 shou3 shang4 shi4	Raise Hands and Step Forward
6.	白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings
7.	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
8.	手挥琵琶	shou3 hui1 pi2 pa	Hand Strums the Lute
9.	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
10.	右搂膝拗步	you4 lou1 xi1 ao3 bu4	Right Brush Knee and Push
11.	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
12.	手挥琵琶	shou3 hui1 pi2 pa	Hand Strums the Lute
13.	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
14.	进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step forward, Parry Block and Punch
15.	如封似闭	ru2 feng1 si4 bi4	Apparent Close Up
16.	十字手	shi2 zi4 shou3	Cross Hands
17.	抱虎归山	bao4 hu3 gui1 shan1	Embrace the Tiger and Return to Mountain
18.	肘底捶	zhou3 di3 (kan4) chui2	Fist Under Elbow
19.	左倒撵猴	zuo4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Left
20.	右倒撵猴	you3 dao4 nian3 hou2	Step Back and Repulse the Monkey, Right
21.	左倒撵猴	zuo4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Left
22.	斜飞式	xie2 fei1 shi4	Diagonal Flying
23.	提手上势	ti2 shou3 shang4 shi4	Raise Hands and Step Forward
24.	白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings
25.	左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
26.	海底针	hai3 di3 zhen1	Needle at Sea Bottom
27.	扇通背	shan4 tong1 bei4	Fan Through the Back
28.	转身撇身捶	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Chop with Fist
29.	进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
30.	上步拦雀尾	shang4 bu4 lan2 que4 wei2	Step Forward and Grasp the Bird's Tail
31.	单鞭	dan1 bian1	Single whip
32.	云手	zuo3 you4 yun2 shou3 (1)	Cloud Hands (1)
33.	云手	zuo3 you4 yun2 shou3 (2)	Cloud Hands (2)
34.	云手	zuo3 you4 yun2 shou3 (3)	Cloud Hands (3)
35.	单鞭	dan1 bian1	Single whip
36.	高探马	gao1 tan4 ma3	High Pat on Horse

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37. 右分脚	you4 fen1 jiao3	Right Separation Kick
38. 左分脚	zuo3 fen1 jiao3	Left Separation Kick
39. 转身左蹬脚	zhuan3 shen1 zuo3 deng1 jiao3	Turn Body and Left Heel Kick
40. 左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
41. 右搂膝拗步	you4 lou1 xi1 ao3 bu4	Right Brush Knee and Push
42. 进步栽锤	jin4 bu4 zai1 chui2	Step Forward and Punch Down
43. 转身撇身锤	zhuan3 shen1 pie1 shen1 chui2	Turn Body and Chop with Fist
44. 进步搬拦锤	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
45. 右蹬脚	you4 deng1 jiao3	Right Heel Kick
46. 左打虎式	zuo3 da3 hu3 shi4	Left Strike Tiger
47. 右打虎式	you4 da3 hu3 shi4	Right Strike Tiger
48. 回身右蹬脚	hui2 shen1 you4 deng1 jiao3	Turn Body and Right Heel Kick
49. 双峰灌耳	shuang1 feng1 guan4 er3	Twin Fists Strike Opponents Ears
50. 左蹬脚	zuo3 deng1 jiao3	Left Heel Kick
51. 转身右蹬脚	zhuan3 shen1 you4 deng1 jiao3	Turn Body and Right Heel Kick
52. 进步搬拦锤	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
53. 如封似闭	ru2 feng1 si4 bi4	Apparent Close Up
54. 十字手	shi2 zi4 shou3	Cross Hands
55. 抱虎归山	bao4 hu3 gui1 shan1	Embrace the Tiger and Return to Mountain
56. 斜单鞭	xie2 dan1 bian1	Diagonal Single Whip
57. 右野马分鬃	you4 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Right
58. 左野马分鬃	zuo3 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Left
59. 右野马分鬃	you4 ye3 ma3 fen1 zong1	Parting Wild Horse's Mane, Right
60. 拦雀尾	lan2 que4 wei2	Grasp the Bird's tail
61. 单鞭	dan1 bian1	Single Whip
62. 玉女穿梭	yu4 nu3 chuan1 suo1	Fair Lady Works at Shuttles
63. 拦雀尾	lan2 que4 wei2	Grasp the Bird's tail
64. 单鞭	dan1 bian1	Single Whip
65. 云手	zuo3 you4 yun2 shou3 (1)	Cloud Hands (1)
66. 云手	zuo3 you4 yun2 shou3 (2)	Cloud Hands (2)
67. 云手	zuo3 you4 yun2 shou3 (3)	Cloud Hands (3)
68. 单鞭	dan1 bian1	Single Whip
69. 下势	xia4 shi4	Snake Creeps Down
70. 左金鸡独立	zuo3 jin1 ji1 du2 li4	Golden Rooster Stands on One Leg, Left
71. 右金鸡独立	you4 jin1 ji1 du2 li4	Golden Rooster Stands on One Leg, Right
72. 左倒撵猴	you4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Left
73. 右倒撵猴	zuo3 dao4 nian3 hou2	Step Back and Repulse the Monkey, Right

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74. 左倒撵猴	you4 dao4 nian3 hou2	Step Back and Repulse the Monkey, Left
75. 斜飞势	xie2 fei1 shi4	Diagonal Flying
76. 提手上势	ti2 shou3 shang4 shi4	Raise Hands and Step Forward
77. 白鹤凉翅	bai2 he4 liang4 chi4	White Crane Spreads its Wings
78. 左搂膝拗步	zuo3 lou1 xi1 ao3 bu4	Left Brush Knee and Push
79. 海底针	hai3 di3 zhen1	Needle at Sea Bottom
80. 扇通背	shan4 tong1 bei3	Fan Through the Back
81. 转身白蛇吐信	zhuan3 shen1 bai2 she2 tu4 xin4	Turn Body and White Snake Spits out Tongue
82. 进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
83. 上步拦雀尾	shang4 bu4 lan2 que4 wei2	Step Forward and Grasp the Bird's tail
84. 单鞭	dan1 bian1	Single Whip
85. 云手	zuo3 you4 yun2 shou3 (1)	Cloud Hands (1)
86. 云手	zuo3 you4 yun2 shou3 (2)	Cloud Hands (2)
87. 云手	zuo3 you4 yun2 shou3 (3)	Cloud Hands (3)
88. 单鞭	dan1 bian1	Single Whip
89. 高探马穿掌	gao1 tan4 ma3 chuan1 zhang3	High Paton On Horse with Palm Thrust
90. 十字腿	shi2 zi4 tui3	Cross Kick
91. 进步指裆捶	jin4 bu4 zhi3 dang1 chui2	Step Forward and Punch Groin
92. 上步拦雀尾	shang4 bu4 lan2 que4 wei2	Step Forward and Grasp the Bird's tail
93. 单鞭	dan1 bian1	Single Whip
94. 下势	xia4 shi4	Snake Creeps Down
95. 上步七星	shang4 bu4 qi1 xing1	Step Forward Seven Stars
96. 退步跨虎	tui4 bu4 kua4 hu3	Step back and Ride the Tiger
97. 转身摆莲	zhuan3 shen1 bai3 lian2	Turn Body and Swing Over Lotus
98. 弯弓射虎	wan1 gong1 she4 hu3	Bend the Bow and Shoot the Tiger
99. 进步搬拦捶	jin4 bu4 ban1 lan2 chui2	Step Forward, Parry Block and Punch
100. 如封似闭	ru2 feng1 si4 bi4	Apparent Close Up
101. 十字手	shi2 zi4 shou3	Cross Hands
102. 收式	shou1 shi4	Closing
103. 还原	huan2 yuan2	Return to Normal