

陳氏太極拳小架一路名稱 (Chen Taiji Xiaojia First Form)

1	預備式	yu bei shi	preparing stance
2	金剛搗碓	jin gang dao dui	Buddha's warrior attendant pounds mortar
3	攬紮衣	lan zha yi	wrap around and tie coat
4	六封四閉	liu feng si bi	six sealing and four closing
5	單鞭	dan bian	single whip
6	金剛搗碓	jin gang dao dui	Buddha's warrior attendant pounds mortar
7	白鵝亮翅	bai e liang chi	white crane(goose) spread wings
8	摟膝拗步	lou xi niu bu	brush knee and twist step
9	初收	chu shou	first gathering
10	上三步	shang san bu	forward three steps
11	斜行拗步	xie xing niu bu	walk obliquely and twist step
12	再收	zai shou	gathering
13	上三步	shang san bu	forward three steps
14	掩手捶	yan shou chui	covered hand punch
15	金剛搗碓	jin gang dao dui	Buddha's warrior attendant pounds mortar
16	披身捶	pi shen chui	fists of draping over body
17	背折靠	bei zhe kao	lean with back
18	青龍出水	qing long chu shui	blue dragon comes out of water
19	三換掌	san huan zhang	change palms three times
20	肘底看拳	zhou di kan quan	fist under elbow
21	倒卷肱	dao juan gong	step back whirling arms
22	中盤	zhong pan	middle winding
23	白鵝亮翅	bai e liang chi	white crane(goose) spreads wings
24	摟膝拗步	lou xi niu bu	brush knee and twist step
25	收勢	shou shi	gathering
26	閃通背	shan tong bei	flash the back
27	掩手捶	yan shou chui	covered hand punch
28	六封四閉	liu feng si bi	six sealing and four closing
29	單鞭	dan bian	single whip
30	雲手	yun shou	cloud hands
31	高探馬	gao tan ma	high pat on horse
32	右擦腳	you ca jiao	brush right foot
33	左擦腳	zuo ca jiao	brush left foot
34	左蹬跟	zuo deng gen	left heel kick
35	擊三拳	ji san quan	three punches
36	擊地捶	ji di chui	punch ground
37	二起腳	er qi jiao	double kick
38	護心拳	hu xin quan	fists of protecting heart
39	旋風腳	xuan feng jiao	tornado kick
40	雙風貫耳	shuang feng guan er	double wind penetrating ears



41	蹬一跟	deng yi gen	heel kick
42	掩手捶	yan shou chui	covered hand punch
43	小擒拿	xiao qin na	small seizing and controlling
44	抱頭推山	bao tou tui shan	embrace head and push mountain
45	六封四閉	liu feng si bi	six sealing and four closing
46	單鞭	dan bian	single whip
47	前招后招	qian zhao hou zhao	forward move and backward move
48	野馬分鬃	ye ma fen zong	wild horse parts its mane
49	六封四閉	liu feng si bi	six sealing and four closing
50	單鞭	dan bian	single whip
51	玉女穿梭	yu nv chuan suo	jade girl works at shuttle
52	攬紮衣	lan zha yi	wrap around and tie coat
53	六封四閉	liu feng si bi	six sealing and four closing
54	單鞭	dan bian	single whip
55	雲手	yun shou	cloud hands
56	擺腳	bai jiao	slap foot
57	跌叉	die cha	split down
58	金雞獨立	jin ji du li	golden rooster stands on one leg
59	倒卷肱	dao juan gong	step back whirling arms
60	中盤	zhong pan	middle winding
61	白鵝亮翅	bai e liang chi	white crane(goose) spreads its wings
62	摟膝拗步	lou xi niu bu	brush knee and twist step
63	收勢	shou shi	gathering
64	閃通背	shan tong bei	flash the back
65	掩手捶	yan shou chui	covered hand punch
66	六封四閉	liu feng si bi	six sealing and four closing
67	單鞭	dan bian	single whip
68	雲手	yun shou	cloud hands
69	高探馬	gao tan ma	high pat on horse
70	十字腳	shi zi jiao	crossed feet
71	指裆捶	zhi dang chui	punch of hitting crotch
72	白猿獻果	bai yuan xian guo	white ape offers fruit
73	六封四閉	liu feng si bi	six sealing and four closing
74	單鞭	dan bian	single whip
75	鋪地龍	pu di long	dragon sweeps ground
76	上步七星	shang bu qi xing	step forward to form the seven stars
77	下步跨虎	xia bu kua hu	step back to ride tiger
78	擺腳	bai jiao	slap foot
79	當頭炮	dang tou pao	cannon overhead
80	金剛搗碓	jin gang dao dui	Buddha's warrior attendant pounds mortar
81	太極收勢	tai ji shou shi	Taiji closing form