

八式太极拳

Bā Shì Tàijíquán

Eight Forms Tai Chi

[起势 Qǐshì]

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|---------|----------------|----------------------------------|
| 1. 倒卷 | Dào juǎn gong | Whirling arms |
| 2. 搂膝拗 | Lōu xī ào bù | Brush knee push |
| 3. 野马分 | Yé mǎ fēn zōng | Part the wild horse's mane |
| 4. 云手 | Yún shǒu | Cloud hands |
| 5. 金鸡独立 | Jīn jī dúlì | Golden rooster stands on one leg |
| 6. 右蹬脚 | Dēng jiǎo | Heel kick |
| 7. 揽雀尾 | Lǎn què wěi | Grasp the bird's tail |
| 8. 十字手 | Shízì shǒu | Cross hands |

[收势 Shōu shì]

十六式太极拳

Shí liù Shì Tàijíquán

Sixteen Forms Tai Chi

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|----------|---------------------|------------------------------|
| 1. 起势 | Qǐshì | Beginning |
| 2. 野马分鬃 | Yé mǎ fēn zōng | Part the wild horse's mane |
| 3. 白鹤亮翅 | Bái hè liàng chì | White crane spreads wings |
| 4. 搂膝拗步 | Lōu xī ào bù | Brush knee push |
| 5. 进步搬拦捶 | Jìn bù bān lán chuí | Advance, block, parry, punch |
| 6. 如封似闭 | Rú fēng sì bì | Apparent closing |
| 7. 单鞭 | Dānbiān | Single whip |
| 8. 手挥琵琶 | Shǒu huī pípā | Play the pipa |
| 9. 倒卷肱 | Dào juǎn gōng | Go back whirling arms |
| 10. 玉女穿梭 | Yùnnǚ chuān suō | Fair lady works the shuttle |
| 11. 海底针 | Hǎi dǐ zhēn | Needle at sea bottom |
| 12. 闪通臂 | Shǎn tōng bì | Flash through the arms |
| 13. 云手 | Yún shǒu | Cloud hands |
| 14. 揽雀尾 | Lǎn què wěi | Grasp the bird's tail |
| 15. 十字手 | Shízì shǒu | Cross hands |
| 16. 收势 | Shōu shì | Close form |