

孙氏太极拳98式

Sūn Shì Tàijíquán 98-shì

Sun-style 98-form Tai Chi

Section One

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| 1. 无极 | Wújí | Infinite nothingness (無極) |
| 2. 太极 | Tàijí | Supreme ultimate (太極) |
| 3. 起势 | Qǐshì | Beginning form |
| 4. 揽扎衣 | Lǎn Zhā Yī | Tie up the robe (懶) |
| 5. 开手 | Kāi shǒu | Open hands |
| 6. 合手 | Hé shǒu | Close hands |
| 7. 单鞭 | Dānbīān | Single whip |
| 8. 提手上势 | Tí shǒu shàng shì | Lift Hands Up |
| 9. 白鹤亮翅 | Bái hè liàng chì | White crane spreads wings |
| 10. 开手 | Kāi shǒu | Open hands |
| 11. 合手 | Hé shǒu | Close hands |
| 12. 左搂膝拗步 | Zuǒ lōu xī ào bù | Left brush knee push |
| 13. 手挥琵琶 | Shǒu huī pípā | Play the pipa |
| 14. 进步搬拦捶 | Jìn bù bān lán chuí | Step forward block parry punch |
| 15. 如封似闭 | Rú fēng sì bì | Apparent closing |
| 16. 抱虎推山 | Bàohǔ tuī shān | Embrace tiger push the mountain |
| 17. 开手 | Kāi shǒu | Open hands |
| 18. 合手 | Hé shǒu | Close hands |
| 19. 右搂膝拗步 | Yòu lōu xī ào bù | Right brush knee push |
| 20. 揽扎衣 | Lǎn Zhā Yī | Tie the robe |
| 21. 开手 | Kāi shǒu | Open hands |

22. 合手	Hé shǒu	Close hands
23. 单鞭	Dānbiān	Single whip
24. 肘下看捶	Zhǒu dǐ kàn chuí	Looking at the fist under elbow

Section Two

25. 倒撵猴	Dào niǎn hóu	Repulse Monkeys
26. 手挥琵琶	Shǒu huī pípā	Play the pipa
27. 白鹤亮翅	Bái hè liàng chì	White crane spreads wings
28. 开手	Kāi shǒu	Open hands
29. 合手	Hé shǒu	Close hands
30. 左搂膝拗步	Zuǒ lōu xī ào bù	Left brush knee push
31. 手挥琵琶	Shǒu huī pípā	Play the pipa
32. 三通背	Sān tōng bèi	Flash through the back three times
33. 揽扎衣	Lǎn zhā yī	Tie the robe
34. 开手	Kāi shǒu	Open hands
35. 合手	Hé shǒu	Close hands
36. 单鞭	Dānbiān	Single whip
37. 云手	Yún shǒu	Cloud hands
38. 高探马	Gāo tàn mǎ	High pat on horse

Section Three

39. 右起脚	Yòu qǐ jiǎo	Lift right foot
40. 左起脚	Zuǒ qǐ jiǎo	Lift left foot
41. 转身左蹬脚	Zhuǎn shēn zuǒ dēng jiǎo	Turn and strike with heel left
42. 践步打捶	Jiàn bù dǎ chuí	Step up and punch down
43. 翻身右起脚	Fān shēn yòu qǐ jiǎo	Turn Body and rising kick
44. 披身伏虎	Pī shēn fú hǔ	Roll the body and subdue the tiger
45. 左踢脚	Zuǒ tī jiǎo	Lift left foot

46. 转身右蹬脚	Zhuǎn shēn yòu dēng jiǎo	Turn and strike with heel
47. 上步搬拦捶	Shàng bù bān lán chuí	Step up deflect block punch
48. 如封似闭	Rú fēng sì bì	Apparent closing
49. 抱虎推山	Bàohǔ tuī shān	Embrace tiger push the mountain

Section Four

50. 开手	Kāi shǒu	Open hands
51. 合手	Hé shǒu	Close hands
52. 右搂膝拗步	Yòu lōu xī ào bù	Left brush knee push
53. 揽扎衣	Lǎn zhā yī	Tie the robe
54. 开手	Kāi shǒu	Open hands
55. 合手	Hé shǒu	Close hands
56. 斜单鞭	Xié dānbiān	Diagonal single whip
57. 野马分鬃	Yé mǎ fēn zōng	Part the wild horse's mane
58. 揽扎衣	Lǎn zhā yī	Tie up the robe
59. 开手	Kāi shǒu	Open hands
60. 合手	Hé shǒu	Close hands
61. 单鞭	Dānbiān	Single whip
62. 右通背掌	Yòu tōng bèi zhǎng	Right flash back palm
63. 玉女穿梭	Yùnnǚ chuān suō	Fair lady works the shuttle
64. 揽扎衣	Lǎn Zhā Yī	Tie the robe
65. 开手	Kāi shǒu	Open hands
66. 合手	Hé shǒu	Close hands
67. 单鞭	Dānbiān	Single whip
68. 云手	Yún shǒu	Cloud hands
69. 云手下势	Yún shǒu xià shì	Cloud hands low form
70. 金鸡独立	Jīn jī dúlì	Golden rooster stands on one leg

Section Five

71. 倒攆猴	Dào niǎn hóu	Repulse Monkeys
72. 手挥琵琶	Shǒu huī pí pá	Play the pipa
73. 白鹤亮翅	Bái hè liàng chì	White crane spreads wings
74. 开手	Kāi shǒu	Open hands
75. 合手	Hé shǒu	Close hands
76. 左搂膝拗步	Zuǒ lōu xī ào bù	Left brush knee push
77. 手挥琵琶	Shǒu huī pí pá	Play the pipa
78. 三通背	Sān tōng bèi	Flash through the back three times
79. 揽扎衣	Lǎn zhā yī	Tie up the robe
80. 开手	Kāi shǒu	Open hands
81. 合手	Hé shǒu	Close hands
82. 单鞭	Dān biān	Single whip
83. 云手	Yún shǒu	Cloud hands
84. 高探马	Gāo tàn mǎ	High pat on horse

Section Six

85. 十字拍脚	Shí zì pāi jiǎo	Cross form kick
86. 进步指裆捶	Jìn bù zhǐ dāng chuí	Step up punch to groin
87. 退步揽扎衣	Tuì bù lǎn zhā yī	Step back and tie the robe
88. 开手	Kāi shǒu	Open hands
89. 合手	Hé shǒu	Close hands
90. 单鞭	Dān biān	Single whip
91. 单鞭下势	Dān biān xià shì	Single whip low form
92. 上步七星	Shàng bù qī xīng	Step Up Seven Stars
93. 退步跨虎	Tuì bù kuà hǔ	Step Back and Ride the Tiger
94. 转角摆莲	Zhuǎn jiǎo bǎi lián	Turn and Sweep the Lotus

95. 弯弓射虎	Wān gōng shè hǔ	Bend Bow Shoot Tiger
96. 双撞锤	Shuāng zhuàng chuí	Double hammer punch
97. 阴阳混一	Yīnyáng hún yī	Yin and yang become one
98. 无极	Wújí	Close form