

二十二式太極拳

(in Pin Yin)

22 Posture

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| 1. 起式 | Qi(3) Shi(4) | 1. Commencing Form |
| 2. 白鶴亮翅 | Bai(2) He(4) Liang(4)
Chi(4) | 2. The white Crane Flashes
Its Wings |
| 3. 左摟膝拗步 | Zuo(3) Lou(1) Xi(1)
Ao(4) Bu(4) | 3. Brush Knee and Twist Step
on Left |
| 4. 左單鞭 | Zuo(3) Dan(1) Bian(1) | 4. Single Whip -- Left Style |
| 5. 左琵琶勢 | Zuo(3) Pi(2) Pa Shi(4) | 5. Hand Strums the Lute --
Left Style |
| 6. 捋擠勢 | Lv(3) Ji(3) Shi(4) | 6. Stroke and Push |
| 7. 左撇身錘 | Zuo(3) Pie(3) Shen(1)
Chui(2) | 7. Turn to Left to Strike |
| 8. 穿拳下勢 | Chuan(1) Quan(2) Xia(4)
Shi(4) | 8. Thread Fists on Crouch
Step |
| 9. 獨立撐掌 | Du(2) Li(4) Cheng(1)
Zhang(3) | 9. Fend Off on One Leg |
| 10. 退步穿掌 | Tui(4) Bu(4) Chuan(1)
Zhang(3) | 10. Step Back and Insert Palm |
| 11. 虛步壓掌 | Xu(1) Bu(4) Ya(1)
Zhang(3) | 11. Press Down Palms on Empty
Step |
| 12. 獨立托掌 | Du(2) Li(4) Tuo(1)
Zhang(3) | 12. Stand on One Leg and Hold
Out Palm |
| 13. 馬步靠 | Ma(3) Bu(4) Kao(4) | 13. Push Forearm on Horse-
riding Step |
| 14. 轉身大捋 | Zhuan(3) Shen(1) Da(4)
Lv(4) | 14. Turn Body with Big
Strokes |
| 15. 撩掌下勢 | Liao(1) Zhang(3) Xia(4)
Shi(4) | 15. Swing Palm on Crouch Step |
| 16. 上步七星 | Shang(4) Bu(4) Qi(1)
Xing(1) | 16. Step Forward to Cross
Fists |
| 17. 獨立跨虎 | Du(2) Li(4) Kua(4)
Hu(3) | 17. Stand on One Leg to Mount
the Tiger |
| 18. 轉身擺蓮 | Zhuan(3) Shen(1) Bai(3)
Lian(2) | 18. Turn Body for a Lotus Leg
Swing |
| 19. 彎弓射虎 | Wan(1) Gong(1) She(4)
Hu(3) | 19. Draw a Bow to Shoot the
Tiger |
| 20. 左棚捋擠按 | Zuo(3) Peng(2) Lv(3)
Ji(3) An(4) | 20. Ward Off, Roll back, Push
and Press -- Left Style |
| 21. 十字手 | Shi(2) Zi(4) Shou(3) | 21. Cross Hands |
| 22. 收勢 | Shou(1) Shi(4) | 22. Closing Form |