

| 四十八式太極拳 | (i n P i n Y i n) | 48 Posture |
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| 起式 | Qi (3) Shi (4) | Commencing Form |
| 第一段 | Di (4) Yi (1) Duan(4) | Section 1 |
| 1. 白鶴亮翅 | Bai (2) He(4) Li ang(4) Chi (4) | 1. The White Crane Flashes Its Wings |
| 2. 左摟膝拗步 | Zuo(3) Lou(1) Xi (1) Ao(4) Bu(4) | 2. Brush Knee and Twist Step on Left |
| 3. 左單鞭 | Zuo(3) Dan(1) Bi an(1) | 3. Single Whip -- Left Style |
| 4. 左琵琶勢 | Zuo(3) Pi (2) Pa Shi (4) | 4. Hand Strums the Lute -- Left Style |
| 5. 捋擠勢 | Lv(3) Ji (3) Shi (4) | 5. Stroke and Push |
| 6. 左搬攔錘 | Zuo(3) Ban(1) Lan(2) Chui (2) | 6. Turn to Strike, Parry and Punch -- Left Style |
| 7. 左棚捋擠按 | Zuo(3) Peng(2) Lv(3) Ji (3) An(4) | 7. Ward Off, Roll back, Push and Press -- Left Style |
| 第二段 | Di (4) Er(4) Duan(4) | Section 2 |
| 8. 斜身靠 | Xi e(2) Shen(1) Kao(4) | 8. Lean Obliquely |
| 9. 肘底錘 | Zhou(3) Di (3) Chui (2) | 9. Punch Under El bow |
| 10. 倒卷肱 | Dao(4) Juan(3) Gong(1) | 10. Step Back and Whirl Arms on Both Sides |
| 11. 轉身推掌 | Zhuan(3) Shen(1) Tui (1) Zhang(3) | 11. Turn and Push Pal ms |
| 12. 右琵琶勢 | You(4) Pi (2) Pa Shi (4) | 12. Hand Strums the Lute -- Right Style |
| 13. 摟膝栽錘 | Lou(1) Xi (1) Zai (1) Chui (2) | 13. Brush Knee and Punch Downward |
| 第三段 | Di (4) San(1) Duan(4) | Section 3 |
| 14. 白蛇吐信 | Bai (2) She(2) Tu(3) Xi n(4) | 14. The White Snake Puts Out Its Tongue |
| 15. 拍腳伏虎 | Pai (1) Ji ao(3) Fu(2) Hu(3) | 15. Pat Foot to Subdue the Tiger |
| 16. 左撇身錘 | Zuo(3) Pi e(3) Shen(1) Chui (2) | 16. Turn to Left to Strike |
| 17. 穿拳下勢 | Chuan(1) Quan(2) Xi a(4) Shi (4) | 17. Thread Fists on Crouch Step |
| 18. 獨立撐掌 | Du(2) Li (4) Cheng(1) Zhang(3) | 18. Fend Off on One Leg |
| 19. 右單鞭 | You(4) Dan(1) Bi an(1) | 19. Single Whip -- Right Style |

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| 第四段 | Di (4) Si (4) Duan(4) | Section 4 |
| 20. 右雲手 | You(4) Yun(2) Shou(3) | 20. Wave Hands Like Clouds -- Right Style |
| 21. 左右分鬚 | Zuo(3) You(4) Fen(1) Zong(1) | 21. Part the Horse's Mand on Both Sides |
| 22. 高探馬 | Gao(1) Tan(4) Ma(3) | 22. High Pat on Horse |
| 23. 右蹬腳 | You(4) Deng(1) Ji ao(3) | 23. Kick with Right Heel |
| 24. 雙峰貫耳 | Shuang(1) Feng(1) Guan(4) Er(3) | 24. Strike Opponent's Ears with Both Fists |
| 25. 左蹬腳 | Zuo(3) Deng(1) Ji ao(3) | 25. Kick with Left Heel |
| 26. 掩手撩拳 | Yan(3) Shou(3) Li ao(1) Chui (2) | 26. Strike with Hidden Fist |
| 27. 海底針 | Hai (3) Di (3) Zhen(1) | 27. Needle at Sea Bottom |
| 28. 閃通背 | Shan(3) Tong(1) Bei (4) | 28. Flash the Arm |
| 第五段 | Di (4) Wu(3) Duan(4) | Section 5 |
| 29. 左右分腳 | Zuo(3) You(4) Fen(1) Ji ao(3) | 29. Kick with Right and Left Feet |
| 30. 擻膝拗步 | Lou(1) Xi (1) Ao(4) Bu(4) | 30. Brush Knee on Left and Right Bow Steps |
| 31. 上步擒打 | Shang(4) Bu(4) Qi n(2) Da(3) | 31. Step Forward to Strike |
| 32. 如封似閉 | Ru(2) Feng(1) Si (4) Bi (4) | 32. Apparent Close-Up |
| 33. 左雲手 | Zuo(3) Yun(2) Shou(3) | 33. Wave Hands Like Clouds -- Left Style |
| 34. 右撇身錘 | You(4) Pi e(3) Shen(1) Chui (2) | 34. Turn to the Right to Strike |
| 35. 左右穿梭 | Zuo(3) You(4) Chuan(3) Suo(1) | 35. Work at Shuttles on Both Sides |
| 36. 退步穿掌 | Tui (4) Bu(4) Chuan(1) Zhang(3) | 36. Step Back and Insert Palm |
| 第六段 | Di (4) Li u(4) Duan(4) | Section 6 |
| 37. 虛步壓掌 | Xu(1) Bu(4) Ya(1) Zhang(3) | 37. Press Down Palms on Empty Step |
| 38. 獨立托掌 | Du(2) Li (4) Tuo(1) Zhang(3) | 38. Stand on One Leg and Hold Out Palm |
| 39. 馬步靠 | Ma(3) Bu(4) Kao(4) | 39. Push Forearm on Horse-riding Step |
| 40. 轉身大捋 | Zhuan(3) Shen(1) Da(4) Lv(4) | 40. Turn Body with Big Strokes |

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| 41. 撩掌下勢 | Li ao(1) Zhang(3) Xi a(4) Shi (4) | 41. Swing Palm on Crouch Step |
| 42. 上步七星 | Shang(4) Bu(4) Qi (1) Xi ng(1) | 42. Step Forward to Cross Fists |
| 43. 獨立跨虎 | Du(2) Li (4) Kua(4) Hu(3) | 43. Stand on One Leg to Mount the Tiger |
| 44. 轉身擺蓮 | Zhuan(3) Shen(1) Bai (3) Li an(2) | 44. Turn Body for a Lotus Leg Swing |
| 45. 彎弓射虎 | Wan(1) Gong(1) She(4) Hu(3) | 45. Draw a Bow to Shoot the Tiger |
| 46. 右搬攔錘 | You(4) Ban(1) Lan(2) Chui (2) | 46. Turn to Strike, Parry and Punch -- Right Style |
| 47. 右棚掙擠按 | Zuo(3) Peng(2) Lv(3) Ji (3) An(4) | 47. Ward Off, Roll back, Push and Press -- Left Style |
| 48. 十字手 | Shi (2) Zi (4) Shou(3) | 48. Cross Hands |
| 收勢 | Shou(1) Shi (4) | Closing Form |