

太极行功心法
(Taiji Gongfu Basics)

第一节 (Section One)

- 一，气贯长虹
(Qi Rising Penetrate the Rainbow)
- 二，凤凰回头
(Phoenix Turn Head)
- 三，怀抱八卦
(Embracing the Ba-Gua (the eight diagrams of Taoism))
- 四，狮子摇头
(Lion Shaking Its Head)
- 五，翻江倒海
(Stirring the River and Flipping the Ocean).
- 六，金鸡独立
(Golden Rooster Standing on One Leg)

第二节，太极桩功
(Section Two, Taiji Pole Practice)

- 一，按 (AN(4), Press)
 - 二，搂膝拗步 (Brush Knee and Twist Step)
 - 三，玉女穿梭 (Fair Lady Works with Shuttles)
 - 四，挤 (Ji(3), Squeeze)
 - 五，棚 (Peng(4), Ward-off)
 - 六，野马分鬃 (Part the wild horse's Mane)
 - 七，斜飞式 (Diagonal Flying Posture)
 - 八，单鞭 (Single Whip)
 - 九，扇通背 (Fan through back/Flashing back)
 - 十，双峰贯耳 (Double Peaks Strike the Ears)
 - 十一，打虎势 (Hit the Tiger)
 - 十二，穿抹掌 (Inserting and Grinding Palm)
 - 十三，弯弓射虎 (Draw a Bow to Shoot the Tiger)
- 左，右弓步各做一遍
(Practice once each on the left and the right side).