

yángshìtàijíquán shì  
杨式太极拳28势

Yang's 28 Taiji Quan

qǐshì  
1. 起势

Beginning of Taiji

lǎnquèwěi  
2. 揽雀尾

Grasp Sparrow's Tail

dānbiān  
3. 单鞭

Single Whip

tíshǒushàngshì  
4. 提手上势

Lift Hand

báihèliángchì  
5. 白鹤凉翅

White Crane Spreads wings

lǒuxiāobù  
6. 搂膝拗步

Brush Knee and Twist Step

shǒuhuīpípa  
7. 手挥琵琶

Playing Guitar

zhǒudǐkànquán  
8. 肘底看拳

Fist Under Elbow

dàoniǎnhóu  
9. 倒撵猴

Step Back to Repulse Monkey

gāotànmǎ  
10. 高探马

High Pat on Horse

zuǒ fēn jiǎo  
11. A. 左分脚

Separate Left Foot

yòudēngjiǎo  
B. 右蹬脚

Kick Right Foot

zuǒyòudǎhǔ  
12. 左右打虎

Hit Tiger Left and Right

yúnshǒu  
13. 云手

Cloud Hands

- |     |                           |                                     |
|-----|---------------------------|-------------------------------------|
| 14. | yùnnǚchuānsuō<br>玉女穿梭     | Fair Lady Works at Shuttles         |
| 15. | yěmǎfēnzōng<br>野马分鬃       | Mustang Ruffling its Mane           |
| 16. | jìnbùzhǐdāngchuí<br>进步指裆捶 | Step Up and Punch Downward          |
| 17. | lǎnquèwěi<br>揽雀尾          | Grasp Sparrow's Tail                |
| 18. | dānbiān<br>单鞭             | Single Whip                         |
| 19. | xiàshì<br>下势              | Snakes Creeps Down                  |
| 20. | jīnjīdúlì<br>金鸡独立         | Golden Pheasant Stands              |
| 21. | shàngbùqīxīng<br>上步七星     | Step Forwards Seven Stars           |
| 22. | tuìbùkuàhǔ<br>退步跨虎        | Step Back and Ride the Tiger        |
| 23. | zhuǎnshēnbǎilián<br>转身摆莲  | Turn Body and Swing Over the Lotus  |
| 24. | wāngōngshèhǔ<br>弯弓射虎      | Bend the Bow and Shoot the Tiger    |
| 25. | jìnbùbānlǎnchuí<br>进步搬揽捶  | Step Forward, Parry Black and Punch |
| 26. | rúfēngsìbì<br>如封似闭        | Apparent Close Up                   |
| 27. | shí zì shǒu<br>十字手        | Cross Hands                         |
| 28. | shōushì<br>收势             | Closing                             |