

Appellations of the Movements of T'ai Chi Ch'uan
(the Wu-tang Orthodox System also called
Neigong Taijiquan or Qigong Taijiquan)

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架式名稱

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| 1. The Preparation Stand | 預備式 |
| 2. Commencement of T'ai Chi Ch'uan | 太極起式 |
| 3. Grasp the Bird's Tail | 攬雀尾 |
| 4. The Single Whip | 單鞭 |
| 5. Raise the Hands and Step Up | 提手上式 |
| 6. The White Stork Spreading Its Wings | 白鶴晾翅 |
| 7. Brush the Knee and Twist the Step (left) | 左樓膝拗步 |
| 8. Playing the Fiddle | 手揮琵琶 |
| 9. Brush the Knee and Twist the Step (three steps) | 樓膝拗步
(左右左三步) |
| 10. Playing the Fiddle | 手揮琵琶 |
| 11. Brush the Knee and Twist the Step (left) | 左樓膝拗步 |
| 12. Step Up, Strike, Parry and Punch | 上步搬攔捶 |
| 13. Seemingly Sealed Up and Blockaded (correct meaning: sealed up against the enemy and blockaded for self-protection) | 如封如閉 |
| 14. The First Cross-hands (a blockade against the enemy) | 十字手 |
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| 15. The Leopard and Tiger Returning to the Mountains | 豹虎歸山 |
| 16. Fist Under the Elbow | 肘底看捶 |
| 17. Step Back and Repulse the Monkey (left, right, left) | 倒撐猴(三步) |
| 18. The Slant Flying | 斜飛式 |
| 19. Raise the Hands and Step Up | 提手上式 |
| 20. The White Stork Spreading Its Wings | 白鶴晾翅 |
| 21. Brush the Knee and Twist the Step (left) | 左樓膝拗步 |
| 22. Needle at the "Sea Bottom" (correct meaning: the thumb thrusting into the opponent's perineal opening) | 海底針 |
| 23. The arms Fan Out towards the Back like Those of the Long-armed Ape. | 扇通臂 |

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| 24. Turn and Slant the Body and Hit the Opponent with the Fist | 翻身撇身捶 |
| 25. Step Up, Strike, Parry and Punch | 上步搬擗捶 |
| 26. Step Up and Grasp the Bird's Tail | 上步攬雀尾 |
| 27. The Single Whip | 單鞭 |
| 28. The Bear-fashion(it is like the bear moving back and forth in a standing position) (three steps) | 雲手(三步) |
| 29. The Single Whip | 單鞭 |
| 30. Measure the Height of a Tall Horse | 高探馬 |
| 31. Separate the Foot (right and left) (correct meaning: raise the leg to mount the horse, right and left) | 分腳(右,左) |
| 32. Turn and Kick with the Left Sole | 轉身左蹬腳 |
| 33. Brush the Knee and Twist the Step (left and right) | 左右樓膝拗步 |
| 34. Step Up and Punch Downward | 進步樓膝截捶 |
| 35. Turn and Slant the Body and Hit the Opponent with the Fist | 翻身撇身捶 |
| 36. Step Up, Strike, Parry and Punch | 上步搬擗捶 |
| 37. Slant the Body and Kick the Opponent with the Right Sole | 斜身右蹬腳 |
| 38. Slant the Body and Hit the Tiger (left and right) | 左右打虎 |
| 39. Turn Around and Kick the Opponent with the Right Sole | 回身右蹬腳 |
| 40. Strike the Opponent's Ears with Both Fists | 雙拳貫耳 |
| 41. Kick with the left Sole | 左蹬腳 |
| 42. Turn Around and Kick the opponent with the Right Sole | 轉身右蹬腳 |
| 43. Step Up, Strike, Parry and Punch | 上步搬擗捶 |
| 44. Seemingly Sealed Up and Blockaded (correct meanings: sealed up against the enemy and blockaded for self-protection) | 如封如閉 |
| 45. The Second Cross-hands (a blockade against the enemy) | 十字手 |
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| 46. The Leopard and Tiger Returning to the Mountains | 豹虎歸山 |
| 47. The Slant Single Whip | 斜單鞭 |

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| 48. | The Wild Horse Parts Its Mane (right, left and right)
(correct meaning: the horse violently hurls its mane
while neighing and shaking its head) | 野馬分鬃
(右左右三步) |
| 49. | Step Up and Grasp the Bird's Tail | 上步攬雀尾 |
| 50. | The Single Whip | 單鞭 |
| 51. | The Fair Maiden Works at the Shuttles (four corners) | 玉女穿梭(四隅) |
| 52. | Grasp the Bird's Tail | 攬雀尾 |
| 53. | The Single Whip | 單鞭 |
| 54. | The Bear-Fashion (it is like the bear moving back and
forth in a standing position) (three steps) | 雲手 |
| 55. | Creeping Down of the Single Whip (correct meaning:
it is the posture of a snake ready to attack its
enemy) | 單鞭蛇身下勢 |
| 56. | The Golden Cock Standing on One Leg (right and left) | 左右金雞獨立 |
| 57. | Step Back and Repulse the Monkey (left, right, left) | 倒撐猴 |
| 58. | The Slant Flying | 斜飛式 |
| 59. | Raise the Hands and Step Up | 提手上式 |
| 60. | The White Stork Spreading Its Wings | 白鶴晾翅 |
| 61. | Brush the Knee and Twist the Step (left) | 樓膝拗步 |
| 62. | Needle at the "Sea Bottom" (correct meaning: the
thumb thrusting into the Opponent's sperineal opening) | 海底針 |
| 63. | The Arms Fan Out toward the Back like those of the
Long-armed Ape | 扇通臂 |
| 64. | Turn the Body and the Snake Darts Its Poinsonous Tongue | 翻身白蛇吐信 |
| 65. | Step Up, Strike, Parry and Punch | 上步搬攔捶 |
| 66. | Step Up and Grasp the Bird's Tail | 上步攬雀尾 |
| 67. | The Single Whip | 單鞭 |
| 68. | The Bear-fashion (it is like the bear moving back and
forth in a standing position) (three steps) | 雲手 |
| 69. | The Single Whip | 單鞭 |
| 70. | Measure the Height of a Tall Horse and Cross Palms
(with follow-up step) | 高探馬帶穿掌
(跟步) |

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| 71. Turn the Body and Form a Cross with the Head, Body, Arms and One Leg (that is, while the other is kicking high against the opponent's chest) | 翻身十字腿 |
| 72. Brush the Knee and Punch the Opponent's Pubic Region | 樓膝指臍捶 |
| 73. Step Up and Grasp the Bird's Tail (with follow-up step) | 上步攬雀尾
(跟步) |
| 74. Creeping Down of the Single Whip (correct meaning: it is the posture of a snake ready to attack its enemy) | 單鞭蛇身下勢 |
| 75. Step Up and Punch the Opponent's Head with Crossed-fists which Look Like Seven Stars | 上步七星捶 |
| 76. Step Back and Ride the Tiger | 退步跨虎 |
| 77. Turn Back and Kick Twice Horizontally (correct meaning: the posture of the body is like that of a lotus flower blown forward by the wind and bounced back again) | 轉身雙擺蓮 |
| 78. Bend the Bow and Shoot the Tiger's Head | 彎弓射虎 |
| 79. Turn Around, Step Up, Strike, Parry and Punch | 轉步搬攔捶 |
| 80. Seemingly Sealed Up and Blockaded (correct meaning: sealed up against the enemy and blockaded for self-protection) | 如封如閉 |
| 81. The Third Cross-hands and the Conclusion of the T'ai Chi | 十字手合太極 |
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Footnotes:

1. "Grasping the Bird's Tail" is an overall appellation of the four movements: ward-off, pull-back, press-forward and push-down.
2. The forms of T'ai Chi Ch'uan are 81 in number, divided into three parts. The titles of the basic different forms are 37, with repetitions of some of them making a total of 81.

顧涵敬教授編

Compiled by Professor Ham King Koo.

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- (一) 攬雀尾係棚、攬、擠、按四式的總稱。
- (二) 全套拳架共計八十一式，分為三段，其名稱及架式不類同者計三十七式。