

陳式太極拳第一路 Chen Style First Form

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1	預備式	Ready Form	43	小擒打	Small grasp and hit
2	金剛搗碓	King-Kong pounds the mortar	44	抱頭推山	Embrace head and push the mountain
3	懶扎衣	Lazy about tying coat	45	三換掌	Change Palm three times
4	六封四閉	60% sealing and 40 % closing	46	六封四閉	60% sealing and 40 % closing
5	單鞭	Single whip	47	單鞭	Single whip
6	金剛搗碓	King-Kong pounds the mortar	48	前招	Front technique
7	白鶴亮翅	White crane spreads its wings	49	後招	Back technique
8	斜形拗步	Walk obliquely and twist steps	50	野馬分鬃	Mustang ruffling its mane
9	初收	First closing	51	六封四閉	60% sealing and 40 % closing
10	前蹬拗步	Wade forward and twist step	52	單鞭	Single whip
11	斜形拗步	Walk obliquely and twist steps	53	雙震腳	Stamping both feet
12	再收	Second closing	54	玉女穿梭	Fair lady works at the shuttle
13	前蹬拗步	Wade forward and twist step	55	懶扎衣	Lazy about tying coat
14	掩手肱錘	Hidden hand punch	56	六封四閉	60% sealing and 40 % closing
15	金剛搗碓	King-Kong pounds the mortar	57	單鞭	Single whip
16	庇身錘	Hidden body punch	58	雲手	Wave hands like moving cloud
17	背折靠	Rotate body and back strike	59	擺腳跌叉	Sweep kick and stretch down
18	青龍出水	Green dragon emerges out of water	60	左右金雞獨立	Golden pheasant stand on one leg (L-R)
19	雙推手	Push with both hands	61	倒卷肱	Slide back and whirl arms (R-L-R)
20	三換掌	Change palm three times	62	退步壓肘	Step back and press the elbow
21	肘底錘	Fist under the elbow	63	中盤	Middle section
22	倒卷肱	Slide back and whirl arms	64	白鶴亮翅	White crane spreads its wings
23	退步壓肘	Step back and press the elbow	65	斜形拗步	Walk obliquely and twist steps
24	中盤	Middle section	66	閃通背	Lighting fast throw through the back
25	白鶴亮翅	White crane spreads its wings	67	掩手肱錘	Hidden hand punch
26	斜形拗步	Walk obliquely and twist steps	68	六封四閉	60% sealing and 40 % closing
27	閃通背	Lighting fast throw through the back	69	單鞭	Single whip
28	掩手肱錘	Hidden hand punch	70	雲手	Wave hands like moving cloud
29	六封四閉	60% sealing and 40 % closing	71	高探馬	High pat on horse
30	單鞭	Single whip	72	十字擺蓮	Cross hands and sweep kick
31	雲手	Wave hands like moving cloud	73	指襠錘	The punch of hitting the crotch
32	高探馬	High pat on horse	74	白猿獻果	White ape presents the fruit
33	右擦腳	Rob with right foot	75	六封四閉	60% sealing and 40 % closing
34	左擦腳	Rob with left foot	76	單鞭	Single whip
35	蹬一跟	Side kick with left heel	77	雀地龍	The dragon on the ground
36	前蹬拗步	Wade forward and twist step	78	上步七星	Step up to form seven stars
37	擊地錘	The punch of hitting the ground	79	退步跨虎	Step back to mount the tiger
38	翻身二起腳	Turn over body, jump and kick twice	80	退步雙擺蓮	Turn around and sweep kick
39	獸頭勢	Beast head pose	81	當頭砲	The cannon of confronting opponent
40	旋風腳	Hurricane kick	82	金剛搗碓	King-Kong pounds the mortar
41	蹬一跟	Side kick with right heel	83	收勢	Closing form
42	掩手肱錘	Hidden hand punch			