

42 Form Tai Chi Quan

1. Commencement 起势
2. Grasp the peacock's tail 右揽雀尾
3. Single whip 左单鞭
4. Step up and raise hands 提手
5. White Crane Spreads its wings 白鹤亮翅
6. Brush knee and twist step - both sides 搂膝拗步
7. Cast Fist "Parry Strike with Fist" 撇身捶
8. Deflect and squeeze on both sides. 捋挤势
9. Step, Parry and punch 进步搬拦捶
10. Apparent Close and Counter with Push 如封似闭
11. Open and Close Hands 开合手
12. Sun Style Single Whip Right 右单鞭
13. Fist Under the Elbow 肘底捶
14. Turn the Body and Push Palm - Both Sides (Sun Style Repulse Monkey)
转身推掌
15. The Fair Maiden Works at the Shuttle - on Both Sides 玉女穿梭
16. Kick with Heel - both sides 左右蹬脚
17. Cover Hands and Strike with Arm 掩手肱捶
18. Part the Wild Horses Mane (Chen Style) - Both Sides 野马分鬃
19. Wave Hands Like Clouds - three times 云手
20. Step Back to Hit the Tiger 独立打虎
21. Separate the Legs - right 右分脚
22. Double Wind to the Ears - "Strike Opponent's Ears with Both Fists"
双峰贯耳
23. Separate the Legs - left 左分脚
24. Turn Body and Slap the Right Foot 转身拍脚
25. Step Forward and Punch Down 进步栽捶

26. Oblique Flying 斜飞势
27. Snake Creeps Low "Squatting Single Whip" or "Single Whip and Push Down"
单鞭下势
28. The Golden Rooster Stands on One Leg 金鸡独立
29. Step Back and Thrust the Left Palm 退步穿掌
30. Turn and Press Down with Palm in Empty Stance 虚步压掌
31. Hold Palm Up and Stand on Left Leg 独立托掌
32. Lean with the Body in a Horse Stance 马步靠
33. Turn Body for a Big Roll Back 转身大捩
34. Hold and Punch in a Resting Stance - Thread Fist Over in Resting Stance
歇步擒打
35. Turn Palm and Push Down - "Snake Creeps Low" (Wu Style) 穿掌下势
36. Step Forward to Form the Seven Stars Posture - Step Up to Big Dipper
上步七星
37. Mount Tiger and Stand on One Leg - "Sit Back To Ride the Tiger" (Wu Style)
退步跨虎
38. Turn Body with Outside Crescent Kick - "Turn and Right Leg Sweeps the
Lotus." 转身摆莲
39. Bend the Bow to Shoot the Tiger 弯弓射虎
40. Grasp the bird's tail (Left) - "Grasp the peacock's tail." 左揽雀尾
41. Cross Hands 十字手
42. Conclusion - Closing Form. 收势