

Wudang Tai Chi Chuan

武當太極拳

短拳 – Short Form

1	Tai Chi at rest	合太極	hé tài jí
2	The ready style	預備式	yù bèi shì
3	The Tai Chi beginning style	太極起式	tài jí qǐ shì
4	The seven stars style	七星	qī xīng
5	Grasping the bird's tail	攬雀尾	lǎn què wěi
6	Single whip	單鞭	dān biān
7	Wave hands in clouds	雲手	yún shǒu
8	Pat the horse high (left)	左高探馬	zuǒ gāo tàn mǎ
9	Left drape body	左披身	zuǒ pī shēn
10	Right separate legs	右分腳	yòu fēn jiǎo
11	Step back seven stars style	退步七星	tuì bù qī xīng
12	Step back to strike the tiger	退步打虎勢	tuì bù dǎ hǔ shì
13	Twist the body and kick	轉身蹬腿	zhuǎnshēn dèng tuǐ
14	Box the ears	雙峰貫耳	shuāng fēng guàn ěr
15	Right drape body	右披身	yòu pī shēn
16	Left separate legs	左分腳	zuǒ fēn jiǎo
17	Turn round and kick with heel	轉身蹬腿	zhuǎnshēn dèng tuǐ
18	Brush knee twist step	摟膝拗步	lǒu xī ào bù
19	Step forwards and plant punch	進步栽捶	jìn bù zāi chuí
20	Step back and swing fist	退步撇身捶	tuì bù piě shēn chuí
21	Snake creeps down	蛇身下勢	shé shēn xià shì
22	Step up, seven stars	進步七星	jìn bù qī xīng
23	Step back to ride the tiger	退步跨虎	tuì bù kuà hǔ
24	Turn body and slap the face	轉身撲面掌	zhuǎnshēn pū miàn zhǎng
25	Turn body and double hand sweep lotus leg	翻身雙擺蓮	fānshēn shuāng bǎi lián
26	Draw the bow to shoot the tiger	彎弓射虎	wān gōng shè hǔ
27	Step back and repulse monkey	倒攏猴	dǎo niǎn hóu
28	The seven stars style (left)	左七星勢	zuǒ qī xīng shì
29	Stroke the lute	手揮琵琶	shǒu huī pí pá
30	Step up, parry and punch	進步搬攔捶	jìn bù bān lán chuí
31	As if shutting a door	如封似閉	rú fēng sì bì
32	Embrace the tiger and return to mountain	抱虎歸山	bào hǔ guī shān
33	Tai Chi at rest	合太極	hé tài jí
34	Completion style	收式	shōu shì