

# Wudang Tai Chi Chuan

## 武當太極拳

1	The ready style	預備式	yù bèi shì	Section 1
2	The Tai Chi beginning style	太極起式	tài jí qǐ shì	
3	The seven stars style	七星	qī xīng	
4	Grasping the bird's tail	攬雀尾	lǎn què wěi	
5	Single whip	單鞭	dān biān	
6	Flying oblique	斜飛勢	xié fēi shì	
7	Raise hands and step up	提手上勢	tí shǒu shàng shì	
8	White crane flaps its wings	白鶴亮翅	báihè liàng chì	
9	Brush Knee Twist Step	摟膝拗步	lǒu xī ào bù	
10	The seven stars style (left)	七星(左)	qī xīng (zuǒ)	
11	Brush knee twist step	摟膝拗步	lǒu xī ào bù	
12	The Seven Stars Style (Left)	七星(左)	qī xīng (zuǒ)	
13	Stroke the lute	手揮琵琶	shǒu huī pí pá	
14	Step up, parry and punch	進步搬攔捶	jìnbù bān lán chuí	
15	As If Shutting a Door	如封似閉	rú fēng sì bì	
16	Embrace the tiger and return to mountain	抱虎歸山	bào hǔ guī shān	
17	Cross hands	十字手	shí zì shǒu	
18	Oblique brush knee twist step	斜摟膝拗步	xié lǒu xī ào bù	
19	Turn body, brush knee twist step	轉身摟膝拗步	zhuǎnshēn lǒu xī ào bù	
20	The seven stars style (right)	七星(右)	qī xīng (yòu)	
21	Grasping the bird's tail	攬雀尾	lǎn què wěi	
22	Oblique single whip	斜單鞭	xié dān biān	
23	Fist under elbow	肘底看捶	zhǒu dǐ kàn chuí	Section 2
24	Step back and repulse monkey	倒攏猴	dǎo lǒng hóu	
25	Flying oblique	斜飛勢	xié fēi shì	
26	Raise hands and step up	提手上勢	tí shǒu shàng shì	
27	White crane flaps its wings	白鶴亮翅	báihè liàng chì	
28	Brush knee twist step	摟膝拗步	lǒu xī ào bù	
29	The seven stars style (left)	七星(左邊)	qī xīng (zuǒbiān)	
30	Needle at sea bottom	海底針	hǎidǐ zhēn	
31	Fan through the back	扇通背	shàn tōng bèi	
32	Turn body and swing fist	翻身撒身捶	fānshēn piē shēn chuí	
33	Step back, parry and punch	退步搬攔捶	tuìbù bān lán chuí	
34	Step up, grasping bird's tail	上步攬雀尾	shàng bù lǎn què wěi	
35	Single whip	單鞭	dān biān	
36	Wave hands in clouds	雲手	yún shǒu	
37	Single whip	單鞭	dān biān	

38	Pat the horse high (left)	左高探馬	zuǒ gāo tàn mǎ	Section 3
39	Left drape body	左披身	zuǒ pī shēn	
40	Raise the right leg and kick out in a curve / Right separate legs	右分腳	yòu fēn jiǎo	
41	Pat the horse high (right)	右高探馬	yòu gāo tàn mǎ	
42	Right drape body	右披身	yòu pī shēn	
43	Raise the left leg and kick out in a curve / Left separate legs	左分腳	zuǒ fēn jiǎo	
44	Turn round and kick with heel	轉身蹬腿	zhuǎnshēn dèng tuǐ	
45	Brush knee twist step	摟膝拗步	lǒu xī ào bù	
46	Step forwards and plant punch	進步栽捶	jìnbù zāi chuí	
47	Turn body and swing fist	翻身撇身捶	fānshēn piě shēn chuí	
48	Step up and pat the horse high (left)	上步左高探馬	shàng bù zuǒ gāo tàn mǎ	
49	Left drape body	左披身	zuǒ pī shēn	
50	Raise the right leg and kick out in a curve / Right separate legs	右分腳	yòu fēn jiǎo	
51	Step back seven stars style	退步七星	tuìbù qī xīng	
52	Step back to strike the tiger	退步打虎勢	tuìbù dǎ hǔ shì	
53	Twist the body and kick	轉身蹬腿	zhuǎnshēn dèng tuǐ	
54	Box the Ears	雙峰貫耳	shuāng fēng guàn ěr	
55	Right drape body	右披身	yòu pī shēn	
56	Raise the left leg and kick out in a curve / Left separate legs	左分腳	zuǒ fēn jiǎo	
57	Turn round and kick with heel	轉身蹬腿	zhuǎnshēn dèng tuǐ	
58	Swing the fist	撇身捶	piě shēn chuí	
59	Step up, parry and punch	進步搬攔捶	jìnbù bān lán chuí	
60	As if shutting a door	如封似閉	rú fēng sì bì	
61	Embrace the tiger and return to mountain	抱虎歸山	bào hǔ guī shān	
62	Cross hands	十字手	shízi shǒu	
63	Turn body, brush knee twist step	轉身摟膝拗步	zhuǎnshēn lǒu xī ào bù	
64	Oblique brush knee twist step	斜摟膝拗步	xié lǒu xī ào bù	
65	The seven stars style (right)	七星(右)	qī xīng (yòu)	
66	Grasping the bird's tail	攬雀尾	lǎn què wěi	
67	Oblique single whip	斜單鞭	xié dān biān	
68	The seven stars style (right)	七星(右)	qī xīng (yòu)	Section 4
69	Parting the wild horse's mane	野馬分鬃	yě mǎ fēn zōng	
70	The seven stars style (right)	七星(右)	qī xīng (yòu)	
71	Parting the wild horse's mane	野馬分鬃	yě mǎ fēn zōng	
72	The seven stars style (right)	七星(右)	qī xīng (yòu)	
73	Parting the wild horse's mane	野馬分鬃	yě mǎ fēn zōng	
74	Fair lady works at shuttle	玉女穿梭	yù nǚ chuān suō	
75	The seven stars style (right)	七星(右)	qī xīng (yòu)	
76	Parting the wild horse's mane	野馬分鬃	yě mǎ fēn zōng	
77	Fair lady works at shuttle	玉女穿梭	yù nǚ chuān suō	
78	The seven stars style (right)	七星(右)	qī xīng (yòu)	
79	Grasping the bird's tail	攬雀尾	lǎn què wěi	

80	Single whip	單鞭	dān biān		
81	Wave hands in clouds	雲手	yún shǒu		
82	Single whip	單鞭	dān biān		
83	Snake creeps down	蛇身下勢	shé shēn xià shì	Section 5	
84	Golden cockerel stands on one leg (left)	左金雞獨立	zuǒ jīn jī dú lì		
85	Step back and repulse monkey	倒攆猴	dǎo niǎn hóu		
86	Step aside, flying oblique	橫斜飛勢	héng xié fēi shì		
87	Raise hands and step up	提手上勢	tí shǒu shàng shì		
88	White crane flaps its wings	白鶴亮翅	báihè liàng chì		
89	Brush knee twist step	摟膝拗步	lǒu xī ào bù		
90	The seven stars style (left)	七星(左)	qī xīng (zuǒ)		
91	Needle at sea bottom	海底針	hǎidǐ zhēn		
92	Fan through the back	扇通背	shàn tōng bèi		
93	Turn body and swing fist	翻身撇身捶	fānshēn piě shēn chuí		
94	Step up, parry and punch	進步搬攔捶	jìnbù bān lán chuí		
95	Step up, grasping bird's tail	上步攬雀尾	shàng bù lǎn què wěi		
96	Single whip	單鞭	dān biān		
97	Wave hands in clouds	雲手	yún shǒu		
98	Single whip	單鞭	dān biān		
99	Pat the horse high (left)	左高探馬	zuǒ gāo tàn mǎ		Section 6
100	Slap the face	撲面掌	pū miàn zhǎng		
101	Cross and single hand sweep lotus leg	轉身十字擺蓮	fānshēn shí zì bǎi lián tuǐ		
102	Brush knee twist step	摟膝拗步	lǒu xī ào bù		
103	Step up to punch the groin	上步指擋捶	shàng bù zhǐ dǎng chuí		
104	Step up, grasping bird's tail	上步攬雀尾	shàng bù lǎn què wěi		
105	Single whip	單鞭	dān biān		
106	Snake creeps down	蛇身下勢	shé shēn xià shì		
107	Step up, seven stars	上步七星	shàng bù qī xīng		
108	Step back to ride the tiger	退步跨虎	tuì bù kuà hǔ		
109	Turn body and slap the face	轉身撲面掌	zhuǎnshēn pū miàn zhǎng		
110	Turn body and double hand sweep lotus leg	翻身雙擺蓮	fānshēn shuāng bǎi lián		
111	Draw the bow to shoot the tiger	彎弓射虎	wān gōng shè hǔ		
112	Pat the horse high (left)	左高探馬	zuǒ gāo tàn mǎ		
113	Slap the face	撲面掌	pū miàn zhǎng		
114	Turn body and swing fist	翻身撇身捶	fānshēn piě shēn chuí		
115	Step up and pat the horse high (left)	上步左高探馬	shàng bù zuǒ gāo tàn mǎ		
116	Step up, grasping bird's tail	上步攬雀尾	shàng bù lǎn què wěi		
117	Single whip	單鞭	dān biān		
118	Tai Chi at rest	合太極	hé tài jí		
119	Completion style	無極	wú jí		