

Wudang Tai Chi Chuan

武當太極拳

短拳 - Short Form 2

1	Tai Chi at rest	合太極	hé tài jí
2	Ready style	預備式	yù bèi shì
3	Beginning style	太極起式	tài jí qǐ shì
4	Step aside flying oblique low and high	橫斜飛勢	héng xié fēi shì
5	Raise hands step up	提手上勢	tí shǒu shàng shì
6	White crane flaps wings	白鶴亮翅	báihè liàng chì
7	Embrace tiger and return to mountain	抱虎歸山	bào hǔ guī shān
8	Cross hands	十字手	shí zì shǒu
9	Oblique brush knee twist step	斜擻膝拗步	xié lǒu xī ào bù
10	Turn body brush knee twist step	轉身擻膝拗步	zhuǎnshēn lǒu xī ào bù
11	Seven stars style right	七星勢(右)	qī xīng shì (yòu)
12	Grasping bird's tail	攬雀尾	lǎn què wěi
13	Oblique single whip	斜單鞭	xié dān biān
14	Fist under elbow	肘底看捶	zhǒu dǐ kàn chuí
15	Seven stars style left	七星勢(左)	qī xīng shì (zuǒ)
16	Needle at sea bottom	海底針	hǎidǐ zhēn
17	Fan through the back	扇通背	shàn tōng bèi
18	Turn body swing fist	翻身撇身捶	fānshēn piě shēn chuí
19	Right drape body	右披身	yòu pī shēn
20	Left separate legs	左披身	zuǒ pī shēn
21	Turn round and kick with heel	轉身蹬腿	zhuǎnshēn dèng tuǐ
22	Parting wild horse's mane left	野馬分鬃(左)	yě mǎ fēn zōng(zuǒ)
23	Seven stars style left	七星勢(左)	qī xīng shì(zuǒ)
24	Parting wild horse's mane left and right	野馬分鬃(左右)	yě mǎ fēn zōng(zuǒ yòu)
25	Fair lady works at shuttle left and right	玉女穿梭(左右)	yù nǚ chuān suō(zuǒ yòu)
26	Cross, single hand sweep lotus leg	轉身十字擺蓮腿	fānshēn shí zì bǎi lián tuǐ
27	Punch the groin	指擋捶	zhǐ dǎng chuí
28	Turn body swing fist	翻身撇身捶	fānshēn piě shēn chuí
29	Step up, pat the horse high	上步左高探馬	shàng bù zuǒ gāo tàn mǎ
30	Step up grasping bird's tail	上步攬雀尾	shàng bù lǎn què wěi
31	Single whip	單鞭	dān biān
32	Snake creeps down	蛇身下勢	shé shēn xià shì
33	Golden cockerel on one leg	左金雞獨立	zuǒ jīn jī dú lì
34	White snake puts out its tongue	白蛇吐信	bái shé tǔ xìn
35	Golden cockerel on one leg	左金雞獨立	zuǒ jīn jī dú lì
36	Step back to strike the tiger, left	退步打虎勢(左)	tuì bù dǎ hǔ shì(zuǒ)
37	Twist the body and kick	轉身蹬腿	zhuǎnshēn dèng tuǐ
38	Step back to strike the tiger, right	退步打虎勢(右)	tuì bù dǎ hǔ shì(yòu)
39	Tai Chi in unity	合太極	hé tài jí
40	Completion	無極	wú jí