

中級華武四十二式太極扇

Zhōngjí huá wǔ sìshí èr shì tàijí shàn

Zhongji Huawu 42-style Tai Chi Fan

Created by national martial arts coach Grandmaster Zeng Nai Liang and Hu senior lecturer Wei Xianglian

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| 1. 起勢 | Qǐ Shì | Commencing form |
| 2. 懶扎衣 | Lǎn Zā Yī | Lazily Tie the Robe |
| 3. 丹鳳朝陽 | Dān Fèng Cháoyáng | Red Phoenix Greets the Sun |
| 4. 推波助瀾 | Tuī Bō Zhù Lán | Push the Waves even Higher |
| 5. 飛雁斜落 | Fēi Yàn Xié Luò | Wild Goose Swoops Down |
| 6. 轉身打虎 | Zhuǎn Shēn Dǎ Hǔ | Turn Around Hit the Tiger |
| 7. 葉底采蓮 | Yè Dǐ Cǎi Lián | Bend to Pluck the Lotus Root |
| 8. 孔雀開屏 | Kǒngquè kāipíng | Peacock Spreads its Tail |
| 9. 青龍出水 | Qīng lóng chū shuǐ | Bluegreen Dragon Emerges from the Water |
| 10. 彩蝶飛舞 | Cǎi dié fēi wǔ | Colorful Butterfly Flutters in the Breeze |
| 11. 彎弓射雕 | Wān gōng shè diāo | Bend Bow Shoot Hawk |
| 12. 翻江倒海 | Fān jiāng dào hǎi | Overturn the rivers and oceans |
| 13. 懷中攬月 | Huái zhōng lǎn yuè | Embrace the Moon |
| 14. 燕子抄水 | Yànzi chāo shuǐ | Swallow Skims the Water |
| 15. 金雞獨立 | Jīn jī dú lì | Golden Rooster Stands on One Leg |
| 16. 風卷荷葉 | Fēng juǎn hé yè | Wind Curls the Lotus Leaf |
| 17. 順水推舟 | Shùn shuǐ tuī zhōu | Push Boat with Current |
| 18. 白鶴亮翅 | Bái hè liàng chì | White Crane Spreads Wings |
| 19. 羽扇划江 | Yǔ Shàn huá jiāng | Feathered Fan Paddles the River |
| 20. 仙女觀燈 | Xiānnǚ guān dēng | Spirit Woman Gazes at a Lantern |

21. 迎月花开	Yíng yuè huā kāi	Flower Opens to the Moon
22. 白蛇吐信	Bái shé tǔ xìn	White Snake Sticks out its Tongue
23. 玉女穿梭	Yù nǚ chuān suō	Fair Lady Works the Shuttles
24. 迎风掸尘	Yíng fēng dǎn chén	Face the Wind and Brush Away Dust
25. 海底探针	Hǎi dǐ tàn zhēn	Look for a Needle at the Bottom of the Sea
26. 二龙戏珠	Èr lóng xì zhū	Two Dragons Play with a Pearl
27. 青蛇出洞	Qīng shé chū dòng	Bluegreen Snake Leaves the Cave
28. 倒挂垂柳	Dào guà chuí liǔ	Weeping Willow Hangs Down
29. 贵妃醉酒	Guì fēi zuì jiǔ	The Drunken Beauty [Beijing Opera!]
30. 嫦娥奔月	Cháng'é bèn yuè	Moon Goddess Flies to the Moon
31. 拨云观日	Bō yún guān rì	Part the Clouds to See the Sun
32. 蛟龙翻身	Jiāo lóng fān shēn	Flood Dragon Turns Over
33. 野马跳涧	Yé mǎ tiào jiàn	Wild Horse Leaps the Ravine
34. 狮子托珠	Shī zǐ tuō zhū	Lion Holds a Pearl
35. 骏马奋蹄	Jùn mǎ fèn tí	Noble Steed Raises its Hoof
36. 金鸡抖翎	Jīn jī dǒu líng	Golden Rooster Shakes its Tail Feathers
37. 太公钓鱼	Tài gōng diào yú	Great Grandfather Goes Fishing
38. 雄鹰展翅	Xióng yīng zhǎn chì	Eagle Spreads Wings
39. 飞凤回首	Fēi fèng huí shǒu	Flying Phoenix Turns Head
40. 游龙戏水	Yóu lóng xì shuǐ	Wandering Dragon Plays in the Water
41. 仙女指路	Xiān nǚ zhǐ lù	Spirit Woman Shows the Way
42. 收势	Shōu shì	Closing Form