

太极 Tàijí 拂尘 fúchén 拳 Quán 38

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| 1. 大鹏展翅大鹏 | Dà péng zhǎn chì | Roc spreads his wings |
| 2. 抱虎推山 | Bào hǔ tuī shān | Embrace tiger push the mountain |
| 3. 天女散花 | Tiān nǚ sàn huā | Spirit woman scatters flowers |
| 4. 芙蓉出水 | Fú róng chū shuǐ | Lotus rises from the water |
| 5. 流星赶月 | Liú xīng gǎn yuè | Shooting star catches the moon |
| 6. 叶底采莲 | Yè dǐ cǎi liàn | Pluck the lotus root |
| 7. 金童托印 | Jīn Tóng tuō yìn | Golden child holds the seal |
| 8. 苏秦背剑 | Sū Qín bēi jiàn | Suqin carries the sword on his back |
| 9. 燕子抄水 | Yànzi chāo shuǐ | Swallow touches water |
| 10. 虎踞龙盘 | Hǔ jù long pán | Where tigers crouch and dragons coil |
| 11. 春风拂面 | Chūn fēng fú miàn | Spring wind touches the face |
| 12. 怀抱琵琶 | Huái bào sè pá | Play the sepa (instrument like pipa) |
| 13. 玉蟒翻身 | Yù mǎng fān shēn | Jade python turns over |
| 14. 太公钓鱼 | Tài gong diào yú | Great grandfather catches fish |
| 15. 声东击西 | Shēng dōng jī xī | Threaten east, strike west |
| 16. 风摆荷叶 | Fēng bǎi hé yè | Wind rolls the lotus leaf |
| 17. 横扫千军 | Héng sǎo qiān jūn | Sweep aside a thousand troops |
| 18. 黄蜂出洞 | Féng huāng chū dòng | Bee enters cave |
| 19. 拨草寻蛇 | Bō cǎo xún shé | Part the grass to find the snake |
| 20. 霸王举鞭 | Bà wáng jǔ biān | Bawang raises the whip |
| 21. 蹬转乾坤 | Dēng zhuǎn qiān kūn | Stamp to turn heaven and earth |
| 22. 鱼跃龙门 | Yú yuè lóng mén | Fish jumps the dragon gate |

23. 乌龙绞尾	Wūlòng jiǎo wěi	Black dragon whips his tail
24. 神龙献爪	Shén long xiàn zhuǎ	Awesome dragon offers claws
25. 披身打虎	Pī shēn dǎ hǔ	Across the body hit the tiger
26. 金鸡独立	Jīn jī dúlì	Golden rooster stand on one leg
27. 迎风掸尘	Yìng fēng dǎn chén	Face the wind, whisk the dust
28. 反戈一击	Fǎn gē yī jī	One chop back with the dagger-axe
29. 古树盘根	Gǔ shù pán gēn	Ancient tree on twisted roots
30. 嫦娥舒袖	Cháng'é shū xiù	Chang'e (moon goddess) swishes her sleeves
31. 哪吒探海	Nézhā tàn hǎi	Nezha searches the ocean
32. 紫燕望月	Zǐ yàn wàng yuè	Purple swallow gazes at the moon
33. 凤凰点头	Fènghuáng diǎn tóu	Phoenix nods its head
34. 海底翻花	Hǎidǐ fān huā	Overturning flowers from the bottom of the sea
35. 挑帘推窗	Tiǎo lián tuī chuān	Raise the screen push the shutter
36. 风扫梅花	Fēng sǎo méi huā	Wind sweeps the plum blossoms
37. 擎天一柱	Qíng tiān yī zhù	Raise heaven on one pillar
38. 童子拜佛	Tóngzǐ bài fó	Children bow to Buddha