

# 五十二式太极功夫扇

*Wǔ shí èr shì tàijí gōngfu shàn*

## Fifty-two step Tai Chi Kung Fu Fan

Name of movement (traditional movement from which the fan movement is derived)

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|----|--------------|--|--|
|    | 预备式          | Yùbèi shì                              | (Preparing form)   |
| 1. | 开步抱扇 (起势)    | Kāi bù bào shàn (Qǐshì)                | Open stance embrace fan (Beginning form)                     |
| 2. | 侧弓步举扇 (斜飞式)  | Cè gōng bù jǔ shàn (Xié fēi shì)       | Sideways bow stance raise fan (Slant Flying)                 |
| 3. | 虚步亮扇 (白鹤亮翅)  | Xū bù liàng shàn (Báihè liàng chì)     | Empty stance show fan (White crane spreads wings)            |
| 4. | 进步刺扇 (黄蜂入洞)  | Jìnbù cì shàn (Huángfēng rù dòng)      | Advance and stab fan (Bee enters cave)                       |
| 5. | 转身下刺扇 (哪吒探海) | Zhuǎnshēn xià cì shàn (Nézhā tàn hǎi)  | Turn body stab down (Nezha searches the sea)                 |
| 6. | 独立撩扇 (金鸡独立)  | Dúlì liāo shàn (Jīnjī Dúlì)            | Stand on one leg lift fan (Golden rooster stands on one leg) |
| 7. | 翻身劈扇 (力劈华山)  | Fān shēn pī shàn (Lì pī huà shān)      | Turn around chop fan (Use strength to axe mountain)          |
| 8. | 转身抡压扇 (灵猫捕蝶) | Zhuǎnshēn lūn yā shàn (Língmāo bǔ dié) | Turn body swing and press fan (Civet catches butterfly)      |
| 9. | 马步亮扇 (坐马观花)  | Mǎ bù liàng shàn (Zuǒmǎ guān huā)      | Horse stance show fan (Ride a horse to see the flowers)      |

(二) Section two

10. 弓步削扇 (野马分鬃) Gōng bù xiāo shàn (Yěmǎ fēn zōng)  
Bow stance slash fan (Part the wild horse's mane)
11. 并步亮扇 (雏燕凌空) Bìng bù liàng shàn (Chúyàn língkōng)  
Feet together show fan (Little bird high in the sky)
12. 进步刺扇 (黄蜂入洞) Jìn bù cì shàn (Huángfēng rù dòng)  
Advance and stab fan (Bee enters cave)
13. 震脚推扇 (猛虎捕食) Zhèn jiǎo tuī shàn (Měnghǔ bǔ shì)  
Stamp foot push fan (Fierce tiger catches prey)
14. 戳脚撩扇 (螳螂捕蝉) Chuō jiǎo liāo shàn (Tánglángbǔchán)  
Jab foot lift fan (Mantis stalks cicada)
15. 盖步按扇 (勒马回头) Gài bù àn shàn (Lèmǎ huítóu)  
Cross-step in front push fan (Stop the horse turn the head)
16. 翻身藏扇 (鹞子翻身) Fānshēn cáng shàn (Yǎozǐ fānshēn)  
Turn around hide fan (Sparrowhawk spins in the air)
17. 马步亮扇 (坐马观花) Mǎ bù liàng shàn (Zuǒmǎ guānhuā)  
Horse stance show fan (Ride a horse to see the flowers)

(三) Section Three

18. 马步推扇 (举鼎推山) Mǎ bù tuī shàn (Jǔ dǐng tuī shān)  
Horse stance push fan (Raise the pot and push the mountain)
19. 转身刺扇 (神龙回首) Zhuǎn shēn cì shàn (Shén long huíshǒu)  
Turn body stab fan (Awesome dragon looks back)
20. 叉步反撩扇 (挥鞭策马) Chā bù fǎn liāo shàn (Huī biān cè mǎ)  
Cross-step behind lift fan behind (Use the whip to urge the horse)

21. 点步挑扇（立马扬鞭） Diǎn bù tiǎo shàn (Lì mǎ yang biān)  
Point foot raise fan (stand the horse raise the whip)
22. 歇步抱扇（怀中抱月） Xiē bù bào shàn (Huái zhōng bào yuè)  
Resting stance embrace fan (Embrace the moon)
23. 并步贯扇（迎风撩衣） Bìng bù guàn shàn (Yíng fēng liào yī)  
Feet together pierce with fan (Headwind lifts the robe)
24. 云手劈扇（翻花舞袖） Yún shǒu pī shàn (Fān huā wǔ xiù)  
Cloud hands chop fan (Turn over flowers wave sleeves)
25. 歇步亮扇（霸王扬旗） Xiē bù liàng shàn (Bàwáng yang qí)  
Resting stance show fan (Bawang raises the flag)
26. 开步抱扇（抱扇过门） Kāi bù bào shàn (Bào shàn guò mén)  
Open stance show fan (Embrace the fan walk through the door)
- (四) Section Four (repeats section two)
27. 弓步削扇（野马分鬃） Gōng bù xiāo shàn (Yě mǎ fēn zōng)  
Bow stance slash fan (Part the wild horse's mane)
28. 并步亮扇（雏燕凌空） Bìng bù liàng shàn (Chú yàn líng kōng)  
Feet together show fan (Little bird high in the sky)
29. 进步刺扇（黄蜂入洞） Jìnbù cì shàn (Huáng fēng rù dòng)  
Advance and stab fan (Bee enters cave)
30. 震脚推扇（猛虎捕食） Zhèn jiǎo tuī shàn (Měng hǔ bǔ shì)  
Stamp foot push fan (Fierce tiger catches prey)
31. 戳脚撩扇（螳螂捕蝉） Chuō jiǎo liāo shàn (Táng láng bǔ chán)  
Jab foot lift fan (Mantis stalks cicada)
32. 盖步按扇（勒马回头） Gài bù àn shàn (Lè mǎ huí tóu)

Cross-step in front push fan (Stop the horse turn the head)

33. 翻身藏扇 (鹞子翻身) Fānshēn cáng shàn (Yàozǐ fānshēn)

Turn around hide fan (Sparrowhawk spins in the air)

34. 马步亮扇 (坐马观花) Mǎ bù liàng shàn (Zuǒmǎ guānhuā)

Horse stance show fan (Ride a horse to see the flowers)

(五) Section Five

35. 马步顶扇 (顺鸾肘) Mǎ bù dìng shàn (Shùn luán zhǒu)

Horse stance stab fan (Phoenix elbow)

36. 马步抖扇 (裹鞭炮) Mǎ bù dǒu shàn (Guǒ biān pào)

Horse stance shake fan (Wrapcracker)

37. 虚步拨扇 (前招势) Xū bù bō shàn (Qián zhāo shì)

Empty stance push aside fan (Forward trick)

38. 震脚拍扇 (双震脚) Zhèn jiǎo pāi shàn (Shuāng zhèn jiǎo)

Thunder foot slap fan (Double Thunder foot)

39. 蹬脚推扇 (龙虎相交) Dēngjiǎo tuī shàn (Lóng hǔ xiāng jiāo)

Stamp the foot push the fan (Dragon meets tiger)

40. 望月亮扇 (玉女穿梭) Wàng yuè liàng shàn (Yùnnǚ chān suō)

Gaze at the moon show fan (Fair lady works the shuttle)

41. 云扇合抱 (天女散花) Yún shàn hé bào (Tiān nǚ sàn huā)

Cloud fan wrap in arms (Heavenly woman scatters flowers)

42. 歇步亮扇 (霸王扬旗) Xiē bù liàng shàn (Bàwáng yang qí)

Resting stance show fan (Bawang raises the flag)

43. 托扇行步 (行步过门) Tuō shàn xíng bù (Xíng bù guò mén)

Support the fan walking step (Walk through the door—aka Bagua walking)

(六) Section Six

44. 虚步捧扇 (七星手) Xū bù pěng shàn (qī xīng shǒu)  
Empty stance clasp fan (Seven stars hands)
45. 弓步捧扇 (揽扎衣) Gōng bù pěng shàn (Lǎn Zhā Yī)  
Bow stance clasp fan (Lazily Tie the Robe)
46. 后捋前挤扇 (捋挤式) Hòu lü qián jǐ shàn (Lü jǐ shì)  
Pull back press forward fan (Pull back and press)
47. 并步背扇 (苏秦背剑) Bìng bù bèi shàn (Sū Qín bēi jiàn)  
Feet together hide fan (Su Qin carries the sword on his back)
48. 弓步戳扇 (搂膝拗步) Gōng bù chuō shàn (Lōu xī ào bù)  
Bow stance poke fan (Brush knee twist step)
49. 仆步穿扇 (单鞭下势) Pū bù chuān shàn (Dān biān xià shì)  
Low form thread fan (Single whip low form)
50. 弓步架扇 (挽弓射虎) Gōng bù jià shàn (Wǎn gōng shè hǔ)  
Bow stance support fan (Bend bow shoot tiger)
51. 虚步亮扇 (白鹤亮翅) Xū bù liàng shàn (Báihè liàng chì)  
Empty stance show fan (White crane spreads wings)
52. 抱扇还原 (收势) Bao shàn huányuán (Shōu shì)  
Embrace fan return to starting position (Close form)