

四十二式太极拳

Sì Shí Èr Shì Tàijíquán

42-Step Tai Chi Hand Form

竞赛套路 Jìngsài Tàolù Competition Routine

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| 1. 起势 | Qǐshì | Beginning form |
| 2. 右揽雀尾 | Yòu lǎn què wěi | Right grasp the bird's tail |
| 3. 左单鞭 | Zuǒ dānbiān | Left single whip |
| 4. 提手 | Tí shǒu | Lift hands |
| 5. 白鹤亮翅 | Bái hè liang chì | White crane spreads wings |
| 6. 右左搂膝拗步 | Yòu zuǒ lōu xī ào bù | Right left brush knee push |
| 7. 撇身捶 | Piē shēn chuí | Fist across the body |
| 8. 捋挤势 | Lǚ jǐ shì | Pull down and press |
| 9. 进步搬拦捶 | Jìn bù bān lán chuí | Step up block parry punch |
| 10. 如封似闭 | Rú fēng sì bì | Apparent closing |
| 11. 开合手 | Kāi hé shǒu | Open close hands |
| 12. 右单鞭 | Yòu dānbiān | Right single whip |
| 13. 肘底捶 | Zhǒu dǐ chuí | Fist under elbow |
| 14. 转身推掌 | Zhuǎn shēn tuī zhǎng | Turn around push palm |
| 15. 玉女穿梭 | Yù nǚ chuān suō | Fair lady works the shuttle |
| 16. 右左蹬脚 | Yòu zuǒ dēng jiǎo | Right left heel kick |
| 17. 掩手肱捶 | Yǎn shǒu gōng chuí | Hidden hand punch |
| 18. 野马分鬃 | Yé mǎ fēn zōng | Part the wild horse's mane |
| 19. 云手 | Yún shǒu | Cloud hands |

20. 独立打虎	Dúlì dǎ hǔ	Stand on one leg hit the tiger
21. 右分脚	Yòu fēn jiǎo	Right toe kick
22. 双峰贯耳	Shuāng fēng guàn ěr	Double hand punch to the ears
23. 左分脚	Zuǒ fēn jiǎo	Left toe kick
24. 转身拍脚	Zhuǎn shēn pāi jiǎo	Turn around brush kick
25. 进步栽锤	Jìn bù zāi chuí	Step up and punch down
26. 斜飞势	Xié fēi shì	Slant flying
27. 左单鞭下势	Zuǒ dānbiān xià shì	Left single whip low form
28. 金鸡独立	Jīn jī dúlì	Golden Rooster Stands on One Leg
29. 退步穿掌	Tuì bù chuān zhǎng	Step back piercing palm
30. 虚步压掌	Xū bù yā zhǎng	Empty stance press palm
31. 独立托掌	Dúlì tuō zhǎng	Stand on one leg lift palm
32. 马步靠	Mǎ bù kào	Horse stance strike with shoulder
33. 转身大捋	Zhuǎn shēn dà lǚ	Turn around big pull down
34. 歇步擒打	Xiē bù qín dǎ	Resting stance grab and hit
35. 穿掌下势	Chuān zhǎng xià shì	Piercing palm low form
36. 上步七星	Shàng bù qī xīng	Step up seven stars
37. 退步跨虎	Tuì bù kuà hǔ	Step back ride the tiger
38. 转身摆莲	Zhuǎn shēn bǎi lián	Turn around sweep the lotus
39. 弯弓射虎	Wān gōng shè hǔ	Ben bow shoot tiger
40. 左揽雀尾	Zuǒ lǎn què wěi	Left grasp the bird's tail
41. 十字手	Shízì shǒu	Cross hands
42. 收势	Shōu shì	Close form