

孙式七十三式太极拳竞赛套路

Sūn shì Qī Shí Sān Shì Tàijíquán Jìngsài Tàolù

Sun-style 73-step Tai Chi Competition Form

Section One

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| 1. 起势 | Qǐshì | Beginning |
| 2. 揽扎衣 | Lǎn Zhā Yī | Lazily tie the robe |
| 3. 开手 | Kāi shǒu | Open hands |
| 4. 合手 | Hé shǒu | Close hands |
| 5. 左单鞭 | Zuǒ dānbiān | Left single whip |
| 6. 提手 | Tí shǒu | Lift hands |
| 7. 白鹤亮翅 | Bái hè liang chì | White crane spreads wings |
| 8. 开手 | Kāi shǒu | Open hands |
| 9. 合手 | Hé shǒu | Close hands |
| 10. 左搂膝拗步 | Zuǒ lōu xī ào bù | Left brush knee push |
| 11. 手挥琵琶 | Shǒu hūi pípa | Play the pipa |
| 12. 进步搬拦捶 | Jìn bù bān lán chuí | Step forward block parry punch |
| 13. 如封似闭 | Rú fēng sì bì | Apparent closing |
| 14. 抱虎推山 | Bào hǔ tuī shān | Embrace tiger push the mountain |
| 15. 开手 | Kāi shǒu | Open hands |
| 16. 合手 | Hé shǒu | Close hands |
| 17. 右搂膝拗步 | Yòu lōu xī ào bù | Right brush knee push |
| 18. 揽扎衣 | Lǎn Zhā Yī | Lazily tie the robe |
| 19. 开手 | Kāi shǒu | Open hands |
| 20. 合手 | Hé shǒu | Close hands |
| 21. 左单鞭 | Zuǒ dānbiān | Left single whip |

22. 肘底看捶 Zhǒu dǐ kàn chuí Looking at the fist under elbow

Section Two

23. 左倒卷肱 Zuǒ dào juǎn gōng Whirling arms left

24. 右倒卷肱 Yòu dào juǎn gōng Whirling arms right

25. 左搂膝拗步 Zuǒ lōu xī ào bù Left brush knee push

26. 揽扎衣 Lǎn zhā yī Lazily tie the robe

27. 开手 Kāi shǒu Open hands

28. 合手 Hé shǒu Close hands

29. 右单鞭 Yòu dānbiān Right single whip

30. 云手 Yún shǒu Cloud hands

31. 高探马 Gāo tàn mǎ High pat on horse

32. 左分脚 Zuǒ fēn jiǎo Separate left foot

33. 右分脚 Yòu fēn jiǎo Separate right foot

Section Three

34. 进步打锤 Jìn bù dǎ chuí Step up and punch down

35. 翻身二起脚 Fān shēn èr qǐ jiǎo Turn Body and double jump kick

36. 披身伏虎 Pī shēn fú hǔ Roll the body and subdue the tiger

37. 左踢脚 Zuǒ tī jiǎo Kick left foot

38. 转身右蹬脚 Zhuǎn shēn yòu dēng jiǎo Turn and strike with heel

39. 进步搬拦捶 Jìn bù bān lán chuí Step forward block parry punch

40. 如封似闭 Rú fēng sì bì Apparent closing

41. 抱虎推山 Bàohǔ tuī shān Embrace tiger push the mountain

Section Four

42. 开手 Kāi shǒu Open hands

43. 合手 Hé shǒu Close hands

44. 左搂膝拗步 Zuǒ lōu xī ào bù Left brush knee push

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| 45. 揽扎衣 | Lǎn zhā yī | Lazily tie the robe |
| 46. 开手 | Kāi shǒu | Open hands |
| 47. 合手 | Hé shǒu | Close hands |
| 48. 斜单鞭 | Xié dānbiān | Diagonal single whip |
| 49. 野马分鬃 | Yé mǎ fēn zōng | Part the wild horse's mane |
| 50. 进步揽扎衣 | Jìn bù lǎn zhā yī | Step up and lazily tie the robe |
| 51. 开手 | Kāi shǒu | Open hands |
| 52. 合手 | Hé shǒu | Close hands |
| 53. 左单鞭 | Zuǒ dānbiān | Left single whip |

Section Five

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| 54. 左云手 | Zuǒ yún shǒu | Cloud hands left |
| 55. 云手下势 | Yún shǒu xià shì | Cloud hands low form |
| 56. 金鸡独立 | Jīn jī dú lì | Golden rooster stands on one leg |
| 57. 闪通背 | Shǎn tōng bèi | Flash through the back |
| 58. 玉女穿梭 | Yù nǚ chuān suō | Fair lady works the shuttle (Four corners) |

Section Six

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| 59. 高探马 | Gāo tàn mǎ | High pat on horse |
| 60. 十字拍脚 | Shí zì pāi jiǎo | Cross form kick |
| 61. 上步指裆锤 | Shàng bù zhǐ dāng chuí | Step up punch to groin |
| 62. 活步揽扎衣 | Huó bù lǎn zhā yī | Step lively and lazily tie the robe |
| 63. 开手 | Kāi shǒu | Open hands |
| 64. 合手 | Hé shǒu | Close hands |
| 65. 左单鞭 | Zuǒ dānbiān | Left single whip |
| 66. 单鞭下势 | Dānbiān xià shì | Single whip low form |
| 67. 上步七星 | Shàng bù qī xīng | Step Up Seven Stars |
| 68. 退步跨虎 | Tuì bù kuà hǔ | Step Back and Ride the Tiger |

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| 69. 转身摆莲 | Zhuǎn shēn bǎi lián | Turn and Sweep the Lotus |
| 70. 弯弓射虎 | Wān gōng shè hǔ | Bend Bow Shoot Tiger |
| 71. 双撞锤 | Shuāng zhuàng chuí | Double hammer punch |
| 72. 阴阳合一 | Yīnyáng hé yī | Yin and yang become one |
| 73. 收势 | Shōu shì | Close form |