

第二套太极扇 夕阳美

dì èr tào tàijí shàn xīyáng měi

Tai Chi Fan II: Beautiful Sunset

Below, the 56 movements are listed in Chinese, pinyin and English. The traditional name of the movement appears in parentheses, followed by the step-by-step breakdown demonstrated in the instructional videos by Li De Yin.

Section 1:

一、起势（白猿献果）

yī 、 qǐ shì （ bái yuán xiàn guǒ ）

1. Opening form (White Ape Presents the Fruit)

二、虚步撩扇（金刚撩衣） 1 转身右搂 2 擦步平推 3 弓步左捧 4 虚步撩扇

èr 、 xū bù liáo shàn （ jīn gāng liáo yī ） 1zhuǎn shēn yòu lǒu 2chā bù píng tuī 3gōng bù zuǒ pěng 4xū bù liáo shàn

2. Empty stance lift fan (Buddha Warrior Lifts the Robe) 1. Turn body gather right 2. Brush step push level 3. Bow stance ward-off left 4. Empty stance lift fan

三、震脚抖扇（海底翻花） 1 举扇提腿 2 震脚砸扇 3 转腰摆臂 4 拔拳抖扇

sān 、 zhèn jiǎo dǒu shàn （ hǎi dǐ fān huā ） 1jǔ shàn tí tuǐ 2zhèn jiǎo zá shàn 3zhuǎn yāo bǎi bì 4bá quán dǒu shàn

3. Stamp foot shake fan (Overturning Flowers from the Bottom of the Sea) 1. Lift fan raise leg 2. Stamp foot pound fan 3. Turn waist swing arms 4. Lift fist shake fan

云手拔扇（插步云手） 1 开步右拔 2 插步左拔 3 开步右拔 4 插步左拔

sì 、 yún shǒu bá shàn （ chā bù yún shǒu ） 1kāi bù yòu bá 2chā bù zuǒ bá 3kāi bù yòu bá 4chā bù zuǒ bá

4. Cloud hands pull fan (Cross step cloud hands) 1. Open step pull right 2. Cross step pull left 3. Open step pull right 4. Cross step pull left

五、弓步推扇（搂膝拗步） 1 转腰摆扇 2 提脚翻扇 3 上步收扇 4 弓步推扇

wǔ 、 gōng bù tuī shàn （ lǒu xī ào bù ） 1zhuǎn yāo bǎi shàn 2tí jiǎo fān shàn 3shàng bù shōu shàn 4gōng bù tuī shàn

5. Bow stance push fan (Brush knee push step) 1. Turn waist swing fan 2. Lift foot flip fan 3. Step up collect fan 4. Bow stance push fan

六、架扇蹬脚（挑帘推窗） 1 转腰合扇 2 上步绕扇 3 提腿提扇 4 崩脚架扇

liù 、 jià shàn dēng jiǎo （ tiāo lián tuī chuāng ） 1zhuǎn yāo hé shàn 2shàng bù rào shàn 3tí tuǐ tí shàn 4bēng jiǎo jià shàn

6. Support fan heel kick (Raise screen push shutter) 1. Turn waist close fan 2. Step up spiral fan 3. Lift leg lift fan 4. Collapse foot support fan

七、独立劈扇（哪吒探海） 1 上步挂扇 2 盖步举扇 3 独立劈扇

qī 、 dú lì pī shàn （ Nézhā tàn hǎi ） 1shàng bù guà shàn 2gài bù jǔ shàn 3dú lì pī shàn

7. Stand on one leg chop fan (Nezha searches sea) 1. Step up hang fan 2. Cover step lift fan 3. Stand on one leg chop fan

八、回身崩扇（大蟒翻身） 1 扣步穿掌 2 退步压掌 3 转身穿刺 4 独立崩扇

bā 、 huí shēn bēng shàn （ dà mǎng fān shēn ） 1kòu bù chuān zhǎng 2tuì bù yā zhǎng 3zhuǎn shēn chuān cì 4dú lì bēng shàn

8. Circle body collapse fan (Big python turns over) 1. Closing step piercing palm 2. Step back press palm 3. Turn body piercing stab 4. Stand on one leg snap fan back

九、举扇冲拳（弯弓射虎） 1 落脚摆步 2 扣步翻扇 3 转身摆扇 4 举扇冲拳

jiǔ 、 jǔ shàn chōng quán （ wān gōng shè hǔ ） 1luò jiǎo bǎi bù 2kòu bù fān shàn 3zhuǎn shēn bǎi shàn 4jǔ shàn chōng quán

9. Lift fan smash fist (Bend Bow Shoot Tiger) 1. Lower leg swing step 2. Closing step flip fan 3. Turn body swing fan 4. Raise fan smash fist

Section 2:

十、歇步带扇（古树盘根）1 转腰摆扇 2 歇步带扇

shí 、 xiē bù dài shàn （ gǔ shù pán gēn ） 1zhuǎn yāo bǎi shàn 2xiē bù dài shàn

10. Resting stance carry fan (Ancient Tree Twisted Roots) 1. Turn waist swing fan 2. Resting stance, carry fan.

十一、点步亮扇（雏燕凌空）1 震脚砸扇 2 点步亮扇

shí yī 、 diǎn bù liàng shàn （ chú yàn líng kōng ） 1zhèn jiǎo zá shàn 2diǎn bù liàng shàn

11. Point foot show fan (Baby Swallow Flies High) 1. Stamp foot pound fan 2. Point foot show fan.

十二、歇步云抱（天女散花）1 开步抱扇 2 扬头舞扇 3 歇步抱扇

shí èr 、 xiē bù yún bào （ tiān nǚ sàn huā ） 1kāi bù bào shàn 2yáng tóu wǔ shàn 3xiē bù bào shàn

12. Resting stance embrace cloud (Goddess Scatters Flowers) 1. Open stance embrace fan 2. Raise head brandish fan 3. Resting stance embrace fan.

十三、弓步下截（燕子抄水）1 转身翻扇 2 弓步下截扇

shí sān 、 gōng bù xià jié （ yàn zǐ chāo shuǐ ） 1zhuǎn shēn fān shàn 2gōng bù xià jié shàn

13. Bow stance slice down (Swallow skims the water) 1. Turn body reverse fan 2. Bow stance slice down fan.

十四、抱扇弹踢（怀中抱月）1 上步合扇 2 抱扇弹踢

shí sì 、 bào shàn dàn tī （ huái zhōng bào yuè ） 1shàng bù hé shàn 2bào shàn dàn tī

14. Embrace fan snap kick (Embrace the Moon) 1. Step up close fan 2. Embrace fan snap kick.

十五、弓步推扇（顺水推舟）1 转腰绕扇 2 弓步推扇

shí wǔ 、 gōng bù tuī shàn （ shùn shuǐ tuī zhōu ） 1zhuǎn yāo rào shàn 2gōng bù tuī shàn

15. Bow stance push fan (Push Boat with Current) 1. Turn waist spiral fan 2. Bow stance push fan.

十六、劈扇探掌（白蛇吐信）1 弓步劈扇 2 提腿探掌

shí liù 、 pī shàn tàn zhǎng （ bái shé tǔ xìn ） 1gōng bù pī shàn 2tí tuǐ tàn zhǎng

16. Chop fan stretch out palm (White Snake Spits Tongue) 1. Bow stance chop fan 2. Lift leg stretch out palm.

十七、舞花击扇（武松脱铐）1 落脚摆步穿掌 2 扣步合扇 3 点步平击扇

shí qī 、 wǔ huā jī shàn （ wǔ sōng tuō kào ） 1luò jiǎo bǎi bù chuān zhǎng 2kòu bù hé shàn 3diǎn bù píng jī shàn

17. Dance flowers hit fan (Wu Song Breaks the Handcuffs) 1. Step down swing step piercing palm 2. Closing step close fan 3. Point foot level hit fan.

Section 3:

十八、转身横扫（力扫千军）1 摆步合扇 2 转身平扫

shí bā 、 zhuǎn shēn héng sǎo （ lì sǎo qiān jūn ） 1bǎi bù hé shàn 2zhuǎn shēn píng sǎo

18. Turn body horizontal sweep (Force Sweeps a Thousand Arms) 1. Swing step close fan 2. Turn body level sweep.

十九、弓步扎扇（白虎搅尾）1 上步合扇 2 叉步绞扇 3 弓步扎扇

shí jiǔ 、 gōng bù zhā shàn （ bái hǔ jiǎo wěi ） 1shàng bù hé shàn 2chā bù jiǎo shàn 3gōng bù zhā shàn

19. Bow stance poke fan (White Tiger Whips his Tail) 1. Step up close fan 2. Cross stance stir fan 3. Bow stance poke fan.

二十、叉步后崩（青龙回首）1 退步抡扇 2 转身绕扇 3 叉步崩扇

èr shí 、 chā bù hòu bēng （ qīng lóng huí shǒu ） 1tuì bù lún shàn 2zhuǎn shēn rào shàn
3chā bù bēng shàn

20. Cross stance snap back behind (Blue-Green Dragon Looks Back) 1. Step back whirl fan 2. Turn body spiral fan 3. Cross stance snap fan back.

二一、背肩推掌（推掌望月）1 背扇摆掌 2 侧弓步推掌

èr yī 、 bèi jiān tuī zhǎng （ tuī zhǎng wàngyuè ） 1bèi shàn bǎi zhǎng 2cè gōng bù tuī
zhǎng

21. Hide by shoulder push palm (Push Palm at the Full Moon) 1. Hide fan swing palm 2. Sideways bow stance push palm.

二二、马步挎肘（二郎担山）1 转腰合扇 2 收脚提拳 3 马步挎肘

èr èr 、 mǎ bù kuà zhǒu （ èr láng dān shān ） 1zhuǎn yāo hé shàn 2shōu jiǎo tí quán
3mǎ bù kuà zhǒu

22. Horse stance sling elbow (Er Lang Carries the Mountain) 1. Turn waist close the fan 2. Collect foot raise fist 3. Horse stance sling elbow.

二三、马步推肩（坐马观山）1 马步叠肘 2 马步收扇 3 马步推扇

èr sān 、 mǎ bù tuī jiān （ zuò mǎ guān shān ） 1mǎ bù dié zhǒu 2mǎ bù shōu shàn 3mǎ
bù tuī shàn

23. Horse stance push shoulder (Sit on a Horse and Watch the Mountain) 1. Horse stance fold over elbow 2. Horse stance collect fan 3. Horse stance push fan.

二四、叉步反撩（狮子滚球）1 摆步绕扇 2 翻身摆扇 3 开步摆扇 4 叉步反撩扇

èr sì 、 chā bù fǎn liáo （ shī zǐ gǔn qiú ） 1bǎi bù rào shàn 2fān shēn bǎi shàn 3kāi bù bǎi
shàn 4chā bù fǎn liáo shàn

24. Cross stance lift behind (Lion Turns the Globe) 1. Swing step spiral fan 2. Turn over swing fan 3. Open stance swing fan 4. Cross stance lift fan behind.

二五、望月亮扇（嫦娥舒袖）1 转身摆扇 2 后提腿亮扇

èr wǔ 、 wàng yuè liàng shàn （cháng é shū xiù ） 1zhuǎn shēn bǎi shàn 2hòu tí tuǐ liàng shàn

25. Full moon fan (Moon Goddess Unfolds her Sleeves) 1. Turn body swing fan 2. Lift leg behind show fan.

Middle break:

二六、转身抱扇（怀抱乾坤）

èr liù 、 zhuǎn shēn bào shàn （huái bào qián kūn ）

26. Turn body embrace fan (Embrace Heaven and Earth)

二七、转身捧扇（白猿献果）

èr qī 、 zhuǎn shēn pěng shàn （bái yuán xiàn guǒ ）

27. Turn body clasp fan (White Ape Offers the Fruit)

Section 4: Repeat Section 2 as above.

Section 5:

三六、云扇前点（蜻蜓点水）1 转身摆扇 2 坐腿后移扇 3 丁步点扇

sān liù 、 yún shàn qián diǎn （qīng tíng diǎn shuǐ ） 1zhuǎn shēn bǎi shàn 2zuò tuǐ hòu yí shàn 3dīng bù diǎn shàn

36. Cloud fan point ahead (Dragonfly touches water) 1 turn body swing fan 2 sit back left remove fan 3 step in point fan

三七、弓步劈扇（风卷残云）1 上步缠头 2 弓步劈扇

sān qī 、 gōng bù pī shàn （fēng juàn cán yún ） 1shàng bù chán tóu 2gōng bù pī shàn

37. Bow stance chop fan (wind sweeps away the clouds) 1 step up wrap head 2 bow stance chop fan

三八、掩手推扇（掩手肱捶）1 收脚收扇 2 震脚分手 3 马步掩手 4 弓步推扇

sān bā 、 yǎn shǒu tuī shàn （ yǎn shǒu gōng chuí ） 1shōu jiǎo shōu shàn 2zhèn jiǎo fèn shǒu 3mǎ bù yǎn shǒu 4gōng bù tuī shàn

38 Cover hand push fan (Hidden hand punch) 1 Close foot close fan 2 stamp foot separate hand 3 horse stance hide hand 4 bow stance push fan

三九、马步撑扇（金鸡抖翎）1 扣臂攥拳 2 劈扇合掌 3 马步撑扇

sān jiǔ 、 mǎ bù chēng shàn （ jīn jī dǒu líng ） 1kòu bì zuàn quán 2pī shàn hé zhǎng 3mǎ bù chēng shàn

39. Horse stance open fan (Golden rooster shakes his tail) 1 close arm make fist 2 chop fan palms together 3 horse stance open fan

四十、崩拳蹬脚（蹬一根）1 摆脚合扇 2 转身叠臂 3 崩拳蹬脚

sì shí 、 bēng quán dēng jiǎo （ dēng yī gēn ） 1bǎi jiǎo hé shàn 2zhuǎn shēn dié bì 3bēng quán dēng jiǎo

40. Collapse fist kick (stand on one root) 1 swing foot close fan 2 turn body drop arms 3 collapse fist kick

四一、跳步劈扇（踢花舞袖）1 收脚摆臂 2 提脚摆扇 3 跳转身劈扇

sì shí yī 、 tiào bù pī shàn （ tī huā wǔ xiù ） 1shōu jiǎo bǎi bì 2tí jiǎo bǎi shàn 3tiào zhuǎn shēn pī shàn

41. Jump step chop fan (kick flowers whip sleeves) 1 close foot swing arms 2 lift foot swing fan 3 jump turn body chop fan

四二、背手后撩（鹞子束身）1 转身摆臂 2 背手后撩

sì èr 、 bèi shǒu hòu liáo （ yào zǐ shù shēn ） 1zhuǎn shēn bǎi bì 2bèi shǒu hòu liáo

42. Hand back lift behind (sparrowhawk restrained) 1turn body swing arms 2 hands back lift behind

四三、点步上刺（燕子入云）1 转身抡扇 2 转腰收扇 3 点步上刺

sì sān 、 diǎn bù shàng cì （ yàn zǐ rù yún ） 1zhuǎn shēn lún shàn 2zhuǎn yāo shōu shàn
3diǎn bù shàng cì

43. point step stab up (wild goose returns to the clouds) 1 turn body whirl fan 2 turn waist close fan 3 point step stab up

Break with cymbals:

四四、弓步崩扇（披身伏虎）1 开步摆扇 2 贯拳崩扇

sì sì 、 gōng bù bēng shàn （ pī shēn fú hǔ ） 1kāi bù bǎi shàn 2guàn quán bēng shàn

44. Bow stance snap fan (open body tame the tiger) 1 open stance swing fan 2 make fist snap fan

四五、歇步亮扇（霸王扬旗）1 转身合扇 2 叉步分手 3 歇步亮扇

sì wǔ 、 xiē bù liàng shàn （ bà wáng yáng qí ） 1zhuǎn shēn hé shàn 2chā bù fèn shǒu
3xiē bù liàng shàn

45. Resting stance show fan (Ba Wang raises the flag) 1turn body close fan 2 Cross step separate hand 3 resting stance show fan

四六、开立抱扇（怀抱乾坤）

sì liù 、 kāi lì bào shàn （ huái bào qián kūn ）

46. Open standing embrace fan (embrace heaven and earth)

Section 6:

四七、弓步分靠（野马分鬃）1 收脚抱扇 2 上步合臂 3 弓步分靠

sì qī 、 gōng bù fèn kào （ yě mǎ fèn zōng ） 1shōu jiǎo bào shàn 2shàng bù hé bì 3gōng
bù fèn kào

47. Bow stance separate to the side (Part the Wild Horse's Mane) 1. Step in, embrace fan 2. Step up arms together 3. Bow stance separate to the side

四八、虚步抱扇（手挥琵琶）1 收脚摆扇 2 贴扇推掌 3 虚步抱扇

sì bā 、 xū bù bào shàn （ shǒu huī pí pá ） 1shōu jiǎo bǎi shàn 2tiē shàn tuī zhǎng 3xū bù bào shàn

48. Empty stance [on heel] embrace fan (Playing Guitar) 1. Step in arrange fan 2. Pull fan close push palm 3. Empty stance embrace fan

四九、弓步平推（如封似闭）1 旋扇收脚 2 上步收扇 3 弓步平推

sì jiǔ 、 gōng bù píng tuī （ rú fēng sì bì ） 1xuán shàn shōu jiǎo 2shàng bù shōu shàn 3gōng bù píng tuī

49. Bow stance level push (Apparent Close-up) 1. Circle fan step in 2. Step up collect fan 3. Bow stance level push

五十、仆步分扇（分掌下势）1 转扇惯接 2 转身提扇 3 分掌分扇

wǔ shí 、 pú bù fèn shàn （ fèn zhǎng xià shì ） 1zhuǎn shàn guàn jiē 2 zhuǎn shēn tí shàn 3fèn zhǎng fèn shàn

50. Low stance separate fan (separate palm low form) 1. Turn fan take the usual way 2. Turn body raise fan 3. Separate palm separate fan

五一、举腿挑扇（独立跨虎）1 收脚绕扇 2 上步绕扇 3 举腿挑扇

wǔ yī 、 jǔ tuǐ tiāo shàn （ dú lì kuà hǔ ） 1shōu jiǎo rào shàn 2shàng bù rào shàn 3jǔ tuǐ tiāo shàn

51. Lift leg raise fan (stand on one leg ride the tiger) 1. Step in spiral fan 2. Step up spiral fan 3. Lift leg raise fan

五二、摆腿拍脚（转身摆莲）1 落脚合扇 2 转身穿摆 3 摆腿拍脚 4 退步探掌

wǔ èr 、 bǎi tuǐ pāi jiǎo （ zhuǎn shēn bǎi lián ） 1luò jiǎo hé shàn 2zhuǎn shēn chuān bǎi 3bǎi tuǐ pāi jiǎo 4tuì bù tàn zhǎng

52. Swing leg slap foot (turn body crescent kick) 1. Lower leg collect fan 2. Turn body swing the fan through (chuan) 3. Swing leg slap foot 4 step back extend palms

五三、攥拳撩扇（当头炮）1 搂手收扇 2 上步撞拳 3 虚步撩扇

wǔ sān 、 zuàn quán liáo shàn （ dāng tóu pào ） 1lǒu shǒu shōu shàn 2shàng bù zhuàng quán 3xū bù liáo shàn

53. Make fist lift fan (Cannon fist) 1 draw back hands collect fan 2 step up punch fists 3 empty stance lift fan

五四、虚步亮扇（白鹤亮翅）1 退步收扇 2 转身摆掌 3 虚步亮扇

wǔ sì 、 xū bù liàng shàn （ bái hè liàng chì ） 1tuì bù shōu shàn 2zhuǎn shēn bǎi zhǎng 3xū bù liàng shàn

54. Empty stance show fan (White crane spreads wings) 1 Step back close fan 2 turn body swing palm 3 empty stance show fan

五五、并步抱扇（白猿献果）1 阔步合扇 2 开立平举 3 并步捧扇

wǔ wǔ 、 bìng bù bào shàn （ bái yuán xiàn guǒ ） 1kuò bù hé shàn 2kāi lì píng jǔ 3bìng bù pěng shàn

55. Feet together embrace fan (White ape presents the fruit) 1 step forward close fan 2 Open stance hold up level 3 feet together hold fan in both hands

五六、收势（收势还原）

wǔ liù 、 shōu shì （ shōu shì hái yuán ）

56. Close Form (Close form return to starting position)