

杨氏28式太极扇

Yang-style 28-step Tai Chi Fan

起势南

Qǐ shì

Beginning

- | | | | |
|---------------|--------------------|------|------------------------------------|
| 1、青龙出水西南 | Qīnglóng chū shuǐ | SW | Blue dragon emerges from the water |
| 2、怀中抱月南 | Huái zhōng bào yuè | S | Embrace the moon |
| 3、宿鸟投林西南 | Sù niǎo tóu lín | SW | Bird returns to the forest |
| 4、随风摆柳（从西云到东） | Suí fēng bǎi liǔ | W云E | Wind swings the willow |
| 5、芙蓉出水东 | Fúróng chū shuǐ | E | Flower rises from the water |
| 6、鱼贯而入西北 | Yúguàn'érù | NW | Fish swimming |
| 7、仙人指路东南 | Xiānrén zhǐlù | SE | Immortal points the way |
| 8、迎风掸尘东南 | Yíng fēng dǎn chén | SE | Face the wind and shake the duster |
| 9、海底指针东南 | Hǎi dǐ zhǐzhēn | SE | Needle at sea bottom |
| 10、风驰电掣西 | Fēng chí diàn chè | W | Wind fast as lightning |
| 11、鹞子翻身西 | Yàozi fānshēn | W | Little hawk turns over |
| 12、神龙返首东南 | Shén long fǎn shǒu | SE | Amazing dragon turns his head |
| 13、蛟龙入海东北 | Jiāolóng rù hǎi | NE | Rain dragon returns to the sea |
| 14、铁牛耕田东南 | Tiě niú gēngtián | SE | Mighty ox tills the fields |
| 15、逗蜂戏蝶西 | Dòu fēng xì dié | W | Bee tricks the butterfly |
| 16、黄莺落架西 | Huángyīng luò jià | W | Oriole dives from the cliff |
| 17、霸王举鼎东北转北 | Bà Wáng jǔ dǐng | NE转N | Ba Wang lifts the pot |
| 18、白蛇吐信西 | Bái shé tǔ xìn | W | White snake spits its tongue |
| 19、四维雄风西南 | Sīwéi xióngfēng | SW | Strong wind from all directions |

20、婵娟射雁东南	Chánjuān shè yàn	SE	Beautiful woman shoots the wild goose
21、云燕觅食西	Yún yān mìshí	W	Cloud swallow looks for food
22、风扫秋叶南	Fēng sǎo qiūyè	S	Wind sweeps the autumn leaves
23、玉树凌风西南	Yùshù líng fēng	SW	Jade tree rise in the wind
24、龙飞凤舞西	Lóng fēi fèng wǔ	W	Dragon flies phoenix dances
25、白猿献果西	Bái yuán xiàn guǒ	W	White ape presents the fruit
26、白鹤亮翅南	Bái hè liang chì	S	White crane spreads its wings
27、叱咤风云南	Chì zhà fēng yún	S	Scold the wind and clouds
28、春色满园西南转南	Chūnsè mǎn yuán	SW转S	Spring colors fill the fields

收势 Shōu shì

Close form