

# 吴式传统93式太极拳

Wú shì Chuántǒng 93-shì Tàijí quán

## Wu-Style Traditional 93-step Tai Chi

1. 起势	Qǐshì	Beginning
2. 揽雀尾	Lǎn què wěi	Grasp the Bird's Tail
3. 歇单鞭	Xiē dānbiān	Diagonal Single Whip
4. 提手上势	Tí shǒu shàng shì	Lift Hands
5. 白鹤亮翅	Bái hè liang chì	White Crane Spreads Wings
6. 左右搂膝拗步	Zuǒ yòu lōu xī ào bù	Left/right Brush Knee twist step
7. 手挥琵琶	Shǒu huī pípa	Playing the Pipa
8. 进步搬拦捶	Jìn bù bān lán chuí	Advance, block, parry, punch
9. 如封似闭	Rú fēng sì bì	Apparent closing
10. 抱虎归山	Bào hǔ guīshān	Embrace Tiger Return to Mountain
11. 十字手	Shí zì shǒu	Cross Hands
12. 左右隅步搂膝拗步	Zuǒ yòu yú bù lōu xī ào bù	Left right corner step Brush Knee Push
13. 隅步揽雀尾	Yú bù lǎn què wěi	Corner step Grasp the Bird's Tail
14. 歇单鞭	Xiē dānbiān	Diagonal Single Whip
15. 肘底看捶	Zhǒu dǐ kàn chuí	Fist Under the Elbow
16. 左右倒黏猴	Zuǒ yòu dào nián hóu	Left/right Repulse Monkeys
17. 斜飞势	Xié fēi shì	Slant Flying
18. 提手上势	Tí shǒu shàng shì	Lift Hands
19. 白鹤亮翅	Bái hè liang chì	White Crane Spreads Wings
20. 左右搂膝拗步	Zuǒ yòu lōu xī ào bù	Left/right Brush Knee Twist step

21. 海底针	Hǎi dǐ zhēn	Needle at Sea Bottom
22. 闪通背	Shǎn tōng bèi	Flash the back
23. 撇身捶	Piē shēn chuí	Turn and Strike with Backfist
24. 进步搬拦捶	Jìn bù bān lán chuí	Advance, block, parry, punch
25. 进步揽雀尾	Jìn bù lǎn què wěi	Step up and Grasp the Bird's Tail
26. 正单鞭	Zhèng Dānbiān	Single Whip
27. 云手	Yún shǒu	Cloud hands
28. 正单鞭	Zhèng Dānbiān	Single Whip
29. 左探马	Zuǒ tàn mǎ	Left Pat on Horse
30. 右分脚	Yòu fēn jiǎo	Separate Right Foot
31. 右探马	Yòu tàn mǎ	Right Pat the Horse
32. 左分脚	Zuǒ fēn jiǎo	Separate Left Foot
33. 转身左蹬脚	Zhuǎn shēn zuǒ dēng jiǎo	Turn and Strike with Heel Left
34. 进步右搂膝拗步	Jìn bù yòu lōu xī ào bù	Advance Right Brush Knee Push
35. 进步栽锤	Jìn bù zāi chuí	Step Up and Punch Down
36. 反身撇身捶	Fǎnshēn piē shēn chuí	Turn around Strike with Backfist
37. 进步左探马	Jìn bù zuǒ tàn mǎ	Step up left pat the horse
38. 右蹬脚	Yòu dēng jiǎo	Strike with Heel Right
39. 右左打虎势	Yòu Zuǒ dǎ hǔ shì	Right/left Hit the Tiger
40. 提膝右蹬脚	Tí xī yòu dēng jiǎo	Strike with Heel Right
41. 双峰贯耳	Shuāng fēng guàn ěr	Double Punch to the Ears
42. 提膝左蹬脚	Tí xī Zuǒ dēng jiǎo	Strike with Heel Left
43. 转身右蹬脚	Zhuǎn shēn yòu dēng jiǎo	Turn and Strike with Heel Right
44. 右搂膝拗步	Yòu lōu xī ào bù	Right Brush Knee twist step
45. 进步搬拦捶	Jìn bù bān lán chuí	Advance, block, parry, punch

46. 如封似闭	Rú fēng sì bì	Apparent closing
47. 抱虎归山	Bàohǔ Guīshān	Embrace Tiger Return to Mountain
48. 十字手	Shízì shǒu	Cross Hands
49. 左右隅步搂膝拗步	Zuǒ yòu yú bù lōu xī ào bù	Left/right corner Brush Knee twist step
50. 隅步揽雀尾	Yú bù lǎn què wěi	Corner step Grasp the Bird's Tail
51. 歇单鞭	Xiē dānbiān	Diagonal Single Whip
52. 左右野马分鬃	Zuǒ yòu Yé mǎ fēn zōng	L/R Part the Wild Horse's Mane
53. 左右转身玉女穿梭	Zuǒyòu Zhuǎnshēn Yùnnǚ chuānsuō	L/R Fair Lady Works the Shuttle
54. 右野马分鬃	Yòu Yé mǎ fēn zōng	Right part the wild horse's man
55. 左右转身玉女穿梭	Zuǒ yòu Zhuǎn shēn Yùnnǚ chuān suō	L/R Fair Lady Works the Shuttle
56. 进步揽雀尾	Jìn bù lǎn què wěi	Advance and Grasp the Bird's Tail
57. 正单鞭	Zhèng Dānbiān	Single Whip
58. 云手	Yún shǒu	Cloud hands
59. 正单鞭	Zhèng Dānbiān	Single Whip
60. 左下势	Zuǒ Xià shì	Left Low Form
61. 左右金鸡独立	Zuǒ Yòu Jīn jī dúlì	L/R Golden Rooster Stands on Left Leg
62. 左右倒黏猴	Zuǒ Yòu Dào nián hóu	L/R Repulse Monkeys
63. 斜飞势	Xié fēi shì	Slant Flying
64. 提手上势	Tí shǒu shàng shì	Lift Up Hands
65. 白鹤亮翅	Bái hè liàng chì	White Crane Spreads Wings
66. 左搂膝拗步	Zuǒ lōu xī ào bù	Left Brush twist step
67. 海底针	Hǎi dǐ zhēn	Needle at Sea Bottom
68. 闪通背	Shǎn tōng bèi	Flash the back
69. 撇身捶	Piē shēn chuí	Strike with Backfist

70. 進步搬拦捶	Jìn bù bān lán chuí	Advance, block, parry, punch
71. 進步揽雀尾	Jìn bù lǎn què wěi	Advance and Grasp the Bird's Tail
72. 正单鞭	Zhèng Dānbiān	Single Whip
73. 云手	Yún shǒu	Cloud hands
74. 正单鞭	Zhèng Dānbiān	Single Whip
75. 高探马	Gāo tàn mǎ	High Pat on Horse
76. 成扑面掌	Chéng pūmiàn zhǎng	Turn and strike the face with the palm
77. 转身十字白莲	Zhuǎn shēn shí zì bái lián	Turn Around Cross Form Kick
78. 左右搂膝指裆捶	Zuǒ Yòu lōu xī zhǐ dāng chuí	L/R brush knee Punch to Groin
79. 進步揽雀尾	Jìn bù lǎn què wěi	Advance and Grasp the Bird's Tail
80. 正单鞭	Zhèng Dānbiān	Single Whip
81. 左下势	Zuǒ Xià shì	Left Low Form
82. 進步七星	Jìn bù qī xīng	Step Up Seven Stars
83. 退步跨虎	Tuì bù kuà hǔ	Step Back and Ride the Tiger
84. 转身扑面掌	Zhuǎn shēn pūmiàn zhǎng	Turn and strike the face with the palm
85. 转身双白莲	Zhuǎn shēn shuāng bái lián	Turn and Double Lotus Kick
86. 左右弯弓射虎	Zuǒ Yòu Wān gōng shè hǔ	L/R Bend Bow Shoot Tiger
87. 上步措掌	Shàng bù cuò zhǎng	Step up and apply the palm
88. 揽雀尾	Lǎn què wěi	Grasp the Bird's Tail
89. 正单鞭	Zhèng Dānbiān	Single Whip
90. 進步措掌	Jìn bù cuò zhǎng	Advance apply the palm
91. 揽雀尾	Lǎn què wěi	Grasp the Bird's Tail
92. 正单鞭	Zhèng Dānbiān	Single Whip
93. 合太极	Hé Tàijí	Close Form