

太極拳 – Tai Chi Chuan – Section 2

	Tai Chi Form	Pinyin Pronunciation	Form Description
27	轉身看掌	轉[zhuǎn] 身[shēn] 看[kàn] 掌[zhǎng]	Turn around to protect head and push
28	捋	捋[lǚ]	Rollback to trap in
29	擠	擠[jǐ]	Squeeze
30	按	按[àn]	Press downward
31	左顧右盼	左[zuǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
32	雙按	雙[shuāng] 按[àn]	Double press
33	橫分手	橫[héng] 捩[liè] 手[shǒu]	Horizontal split hands
34	刁手	刁[diāo] 手[shǒu]	Hook
35	回頭望月	回[huí] 頭[tóu] 望[wàng] 月[yuè]	Right Turn head back to look at the moon
36	左倒攆猴	左[zuǒ] 倒[dào] 攆[niǎn] 猴[hóu]	Repulse the Monkey from Left
37	右倒攆猴	右[yòu] 倒[dào] 攆[niǎn] 猴[hóu]	Repulse the Monkey from Right
38	左倒攆猴	左[zuǒ] 倒[dào] 攆[niǎn] 猴[hóu]	Repulse the Monkey from Left
39	斜飛勢	斜[xié] 飛[fēi] 勢[shì]	Flying Oblique
40	海底針	海[hǎi] 底[dǐ] 針[zhēn]	A needle at the bottom of the sea
41	扇通背	扇[shān] 通[tōng] 背[bēi]	Fan over the shoulder
42	轉身撇身捶	轉[zhuǎn] 身[shēn] 撇[piē] 身[shēn] 捶[chuí]	Turn back to punch
43	上步攔捶	上[shàng] 步[bù] 攔[lán] 捶[chuí]	Step up and punch

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44	疊步化	疊[dié] 步[bù] 化[huà]	Fold legs down to avoid
45	上步捋	上[shàng] 步[bù] 捋[lǚ]	Rollback to trap in
46	擠	擠[jǐ]	Squeeze
47	按	按[àn]	Press downward
48	左顧右盼	左[zuǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
49	雙按	雙[shuāng] 按[àn]	Double press
50	橫捩手	橫[héng] 捩[liè] 手[shǒu]	Horizontal split hands
51	刁手橫單鞭	刁[diāo] 手[shǒu] 橫[héng] 單[dán] 鞭[biān]	Right hook and horizontal left whip
52	雲手	雲[yún] 手[shǒu]	Waving hand like the cloud
53	雲手	雲[yún] 手[shǒu]	Waving hand like the cloud
54	雲手	雲[yún] 手[shǒu]	Waving hand like the cloud
55	刁手單鞭	刁[diāo] 手[shǒu] 單[dán] 鞭[biān]	Right hook and left whip
56	高探馬右分腳	高[gāo] 探[tàn] 馬[mǎ] 右[yòu] 分[fēn] 腳[jiǎo]	High pat on horse & right toe kick
57	高探馬左分腳	高[gāo] 探[tàn] 馬[mǎ] 左[zuǒ] 分[fēn] 腳[jiǎo]	High pat on horse & left toe kick
58	轉身左蹬腳	轉[zhuǎn] 身[shēn] 左[zuǒ] 蹬[dèng] 腳[jiǎo]	Turn left then left heel kick
59	左摟膝右看掌	左[zuǒ] 摟[lōu] 膝[xī] 右[yòu] 看[kàn] 掌[zhǎng]	Left brush knee & left twist forward with a right push
60	右摟膝左看掌	右[yòu] 摟[lōu] 膝[xī] 左[zuǒ] 看[kàn] 掌[zhǎng]	Right brush knee & right twist forward with a left puch

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61	進步栽捶	進[jìn] 步[bù] 栽[zāi] 捶[chuí]	Forward & punch downward
62	反身撇身捶	反[fǎn] 身[shēn] 撇[piē] 身[shēn] 捶[chuí]	Turn Back & Lean & Punch
63	進步搬攔捶	進[jìn] 步[bù] 搬[bān] 攔[lán] 捶[chuí]	Forward move parry & punch
64	左化	左[zuǒ] 化[huà]	Left deflect
65	右蹬腳	右[yòu] 蹬[dèng] 腳[jiǎo]	Right heel kick
66	倒插步左打虎	倒[dǎo] 插[chā] 步[bù] 左[zuǒ] 打[dá] 虎[hǔ]	Stamp back & left hit tiger
67	倒插步右打虎	倒[dǎo] 插[chā] 步[bù] 右[yòu] 打[dá] 虎[hǔ]	Stamp back & right hit tiger
68	海底撈月右蹬腳	海[hǎi] 底[dǐ] 撈[lāo] 月[yuè] 右[yòu] 蹬[dèng] 腳[jiǎo]	Scoop moon from the ocean & right heel kick
69	雙風灌耳	雙[shuāng] 風[fēng] 灌[guàn] 耳[ěr]	Winds blow in ears
70	左分腳	左[zuǒ] 分[fēn] 腳[jiǎo]	Left toe kick
71	轉身右分腳	轉[zhuǎn] 身[shēn] 右[yòu] 分[fēn] 腳[jiǎo]	Spin around & right toe kick
72	轉身撇身捶	轉[zhuǎn] 身[shēn] 撇[piē] 身[shēn] 捶[chuí]	Turn to hold & punch
73	上步攔捶	上[shàng] 步[bù] 攔[lán] 捶[chuí]	Forward Parry & Punch
74	如封似閉	如[rú] 封[fēng] 似[sì] 閉[bì]	As If In Enclosure
75	轉身抱虎歸山	轉[zhuǎn] 身[shēn] 抱[bào] 虎[hǔ] 歸[guī] 山[shān]	Return Tiger to Mountain
76	十字手	十[shí] 字[zì] 手[shǒu]	Form a Cross
77	分身捶	分[fén] 身[shén] 捶[chuí]	Split Punch
78	合太極	合[hé] 太[tài] 極[jí]	Tai Chi in Harmony

If practice through all sections, may omit Split Punch, 分身捶 and Form a Cross, 十字手 for better continuity.