



太極拳 – Tai Chi Chuan – Section 1

	Tai Chi Form	Pinyin Pronunciation	Form Description
0	合太極	合[hé] 太[tài] 極[jí]	Tai Chi in Harmony
1	太極拳起勢	太[tài] 極[jí] 拳[quán] 起[qǐ] 勢[shì]	Tai Chi Chuan Preparation Stance
2	右攬雀尾左棚	右[yòu] 攬[lǎn] 雀[qiāo] 尾[wěi] 左[zuǒ] 棚[péng]	Right Grasp a Sparrow's Tail and Left Ward Off
3	左攬雀尾右棚	左[zuǒ] 攬[lǎn] 雀[qiāo] 尾[wěi] 右[yòu] 棚[péng]	Left Grasp a Sparrow's Tail and Right Ward Off
4	捋	捋[lǚ]	Follow & Rollback to Trap In
5	擠	擠[jǐ]	Squeeze
6	按	按[àn]	Press
7	左顧右盼	左[zuǒ] 顧[gù] 右[yòu] 盼[pàn]	Glance Left Watch Right
8	雙按	雙[shuāng] 按[àn]	Two Hands Press Forward
9	橫捋手	橫[héng] 捋[liè] 手[shǒu]	Horizontal Split Hands
10	刁手單鞭	刁[diāo] 手[shǒu] 單[dán] 鞭[biān]	Hook & Single Whip
11	提手上勢	提[dī] 手[shǒu] 上[shàng] 勢[shì]	Lift Hands Raise Up Posture
12	白鶴亮翅	白[bái] 鶴[hè] 亮[liàng] 翅[chì]	White Crane Spreading Wings
13	手揮琵琶	手[shǒu] 揮[huī] 琵琶[pí pá]	Strum the Lute (Pi Pa)
14	左摟膝右看掌	左[zuǒ] 摟[lōu] 膝[xī] 右[yòu] 看[kàn] 掌[zhǎng]	Left Brush knee & Step with Right Push

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15	退步白鶴亮翅	退步[tuì bù] 白[bái] 鶴[hè] 亮[liàng] 翅[chì]	Step Back & White crane spreading wings
16	手揮琵琶	手[shǒu] 揮[huī] 琵琶[pí pá]	Strum the Lute (Pi Pa)
17	左擻膝拗步右看掌	左[zǔǒ] 擻[lǒu] 膝[xī] 拗[ào] 步[bù] 右[yòu] 看[kàn] 掌[zhǎng]	Left Brush Knee to Twist Forward
18	右擻膝拗步左看掌	右[yòu] 擻[lǒu] 膝[xī] 拗[ào] 步[bù] 左[zǔǒ] 看[kàn] 掌[zhǎng]	Right Brush Knee to Twist Forward
19	左擻膝拗步右看掌	左[zǔǒ] 擻[lǒu] 膝[xī] 拗[ào] 步[bù] 右[yòu] 看[kàn] 掌[zhǎng]	Left Brush Knee to Twist Forward
20	懷中抱月	懷[huái] 中[zhōng] 抱[bào] 月[yuè]	Hold Moon in Chest
21	右搬攔捶	右[yòu] 搬[bān] 攔[lán] 捶[chuí]	Move Right, Parry and Punch
22	左搬攔捶	左[zǔǒ] 搬[bān] 攔[lán] 捶[chuí]	Move Left, Parry and Punch
23	右搬攔捶	右[yòu] 搬[bān] 攔[lán] 捶[chuí]	Move Right, Parry and Punch
24	如封似閉	如[rú] 封[fēng] 似[sì] 閉[bì]	As If In Enclosure
25	轉身抱虎歸山	轉身[zhuǎn shēn] 抱[bào] 虎[hǔ] 歸[guī] 山[shān]	Return Tiger to Mountain
26	十字手	十字[shí zì] 手[shǒu]	Form a Cross

If practice through sections, may omit Form a Cross, 十字手 for better continuity.

If practice by section, may add Split Punch, 分身捶 (分[fēn]身[shēn]捶[chuí]), and Tai Chi in Harmony, 合太極 after Form a Cross, 十字手.