

太極拳 – Tai Chi Chuan – Section 3

	Tai Chi Form	Pinyin Pronunciation	Form Description
76	轉身看掌	轉身[zhuǎn shēn] 看[kàn] 掌[zhǎng]	Turn around, protect head & push
77	捋	捋[lǚ]	Rollback to trap in
78	擠	擠[jǐ]	Squeeze
79	按	按[àn]	Press downward
80	左顧右盼	左[zuǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
81	雙按	雙[shuāng] 按[àn]	Double press
82	橫捋手	橫[héng] 捋[liè] 手[shǒu]	Horizontal split hands
83	刁手	刁[diāo] 手[shǒu]	Hook
84	橫單鞭	橫[héng] 單[dán] 鞭[biān]	Horizontal Single Whip
85	右野馬分鬃	右[yòu] 野[yě] 馬[mǎ] 分[fēn] 鬃[zōng]	Right Wild Horse Parting Mane
86	左野馬分鬃	左[zuǒ] 野[yě] 馬[mǎ] 分[fēn] 鬃[zōng]	Left Wild Horse Parting Mane
87	右野馬分鬃	右[yòu] 野[yě] 馬[mǎ] 分[fēn] 鬃[zōng]	Right Wild Horse Parting Mane
88	擗臂	擗[juě] 臂[bì]	Stick arm
89	擠	擠[jǐ]	Squeeze
90	按	按[àn]	Press downward
91	左顧右盼	左[zuǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
92	雙按	雙[shuāng] 按[àn]	Double press
93	橫捋手	橫[héng] 捋[liè] 手[shǒu]	Horizontal split hands

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94	刁手橫單鞭	刁[diāo] 手[shǒu] 橫[héng] 單[dán] 鞭[biān]	Right hook & Horizontal left whip
95	右玉女穿梭	右玉[yòu yù] 女[nǚ] 穿[chuān] 梭[suō]	Right Jade Lady waiving shuttle
96	左玉女穿梭	左[zuǒ] 玉[yù] 女[nǚ] 穿[chuān] 梭[suō]	Left Jade Lady waiving shuttle
97	右玉女穿梭	右玉[yòu yù] 女[nǚ] 穿[chuān] 梭[suō]	Right Jade Lady waiving shuttle
98	左玉女穿梭	左[zuǒ] 玉[yù] 女[nǚ] 穿[chuān] 梭[suō]	Left Jade Lady waiving shuttle
99	左攬雀尾	左[zuǒ] 攬[lǎn] 雀[qiāo] 尾[wěi]	Left Grasp a Sparrow's Tail
100	上步捋	上[shàng] 步[bù] 捋[lǚ]	Rollback to trap in
101	擠	擠[jǐ]	Squeeze
102	按	按[àn]	Press downward
103	左顧右盼	左[zuǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
104	雙按	雙[shuāng] 按[àn]	Double press
105	橫捩手	橫[héng] 捩[liè] 手[shǒu]	Horizontal split hands
106	刁手單鞭	刁[diāo] 手[shǒu] 單[dán] 鞭[biān]	Hook & Single Whip
107	蛇身下勢	蛇[shé] 身[shēn] 下[xià] 勢[shì]	Snake creeps down
108	右金雞獨立	右[yòu] 金[jīn] 雞[jī] 獨立[dú lì]	Golden rooster standing on right leg
109	左金雞獨立	左[zuǒ] 金[jīn] 雞[jī] 獨立[dú lì]	Golden rooster standing on left leg

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110	左倒攆猴	左[zǔǒ] 倒[dǎo] 攆[niǎn] 猴[hóu]	Repulse the Monkey from Left
111	右倒攆猴	右[yòu] 倒[dǎo] 攆[niǎn] 猴[hóu]	Repulse the Monkey from Right
112	左倒攆猴	左[zǔǒ] 倒[dǎo] 攆[niǎn] 猴[hóu]	Repulse the Monkey from Left
113	斜飛勢	斜[xié] 飛[fēi] 勢[shì]	Flying Oblique
114	海底針	海底[hǎi dǐ] 針[zhēn]	A needle at the bottom of the sea
115	扇通背	扇[shān] 通[tōng] 背[bēi]	Fan over the shoulder
116	轉身撇身捶	轉身[zhuǎn shēn] 撇[piē] 身[shēn] 捶[chuí]	Turn back to punch
117	上步攔捶	上[shàng] 步[bù] 攔[lán] 捶[chuí]	Step up and punch
118	疊步化	疊[dié] 步[bù] 化[huà]	Fold legs down to avoid
119	上步捋	上[shàng] 步[bù] 捋[lǚ]	Rollback to trap in
120	擠	擠[jǐ]	Squeeze
121	按	按[àn]	Press downward
122	左顧右盼	左[zǔǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
123	雙按	雙[shuāng] 按[àn]	Double press
124	橫捩手	橫[héng] 捩[liè] 手[shǒu]	Horizontal split hands
125	刁手單鞭	刁[diāo] 手[shǒu] 單[dán] 鞭[biān]	Hook & Single Whip

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126	雲手	雲[yún] 手[shǒu]	Waving hand like the cloud
127	雲手	雲[yún] 手[shǒu]	Waving hand like the cloud
128	雲手	雲[yún] 手[shǒu]	Waving hand like the cloud
129	刁手單鞭	刁[diāo] 手[shǒu] 單[dán] 鞭[biān]	Hook & Single Whip
130	白蛇吐信	白[bái] 蛇[shé] 吐[tǔ] 信[xìn]	White snake flashes tongue
131	轉身右蹬腳	轉身[zhuǎn shēn] 右[yòu] 蹬[dèng] 腳[jiǎo]	Turn left then right heel kick
132	十字腿	十字[shí zì] 腿[tuǐ]	Cross leg kick
133	摟膝指襠捶	摟[lōu] 膝[xī] 指[zhǐ] 襠[dāng] 捶[chuí]	Brush knee & low punch
134	疊步化	疊[dié] 步[bù] 化[huà]	Fold legs down to avoid
135	上步捋	上[shàng] 步[bù] 捋[lǚ]	Rollback to trap in
136	擠	擠[jǐ]	Squeeze
137	按	按[àn]	Press downward
138	左顧右盼	左[zǔǒ] 顧[gù] 右[yòu] 盼[pàn]	Watch left and glance right
139	雙按	雙[shuāng] 按[àn]	Double press
140	橫捩手	橫[héng] 捩[liè] 手[shǒu]	Horizontal split hands
141	刁手單鞭	刁[diāo] 手[shǒu] 單[dán] 鞭[biān]	Hook & Single Whip

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142	蛇身下勢	蛇[shé] 身[shēn] 下[xià] 勢[shì]	Snake creeps down
143	上步七星	上[shàng] 步[bù] 七[qī] 星[xīng]	Step up to seven star
144	退步跨虎	退步[tuì bù] 跨[kuà] 虎[hǔ]	Step back to mount a tiger
145	轉身擺蓮	轉身[zhuǎn shēn] 擺[bǎi] 蓮[lián]	Turn back with lotus swing
146	彎弓射虎	彎[wān] 弓[gōng] 射[shè] 虎[hǔ]	Open bow to shoot at a tiger
147	轉身撇身捶	轉身[zhuǎn shēn] 撇[piē] 身[shēn] 捶[chuí]	Turn & lean & punch
148	上步攔捶	上[shàng] 步[bù] 攔[lán] 捶[chuí]	Forward Parry & Punch
149	如封似閉	如[rú] 封[fēng] 似[sì] 閉[bì]	As If In Enclosure
150	轉身抱虎歸山	轉身[zhuǎn shēn] 抱[bào] 虎[hǔ] 歸[guī] 山[shān]	Return Tiger to Mountain
151	十字手	十字[shí zì] 手[shǒu]	Form a Cross
152	合太極	合[hé] 太[tài] 極[jí]	Tai Chi in Harmony

It works well by adding Split Punch, 分身捶 (分[fén]身[shēn]捶[chuí]) between Form a Cross, 十字手 and Tai Chi in Harmony, 合太極.