



DAKAR
2026



YOUTH
OLYMPIC
GAMES

第三套国际武术竞赛套路

3rd International Wushu Competition Routine

国际武术联合会审定

长

CHANG



QUAN

拳

长拳

Chang Quan



国际武术联合会

International Wushu Federation

长拳

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国际武术联合会

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前言 Preamble

2020 年 1 月 8 日，国际奥委会在瑞士洛桑宣布将武术列入 2026 年达喀尔青奥会的正式比赛项目，这是武术首次成为奥林匹克系列运动会的正式比赛项目，是武术国际化发展的一个重要里程碑，标志着武术国际化发展推广迈入新的历史阶段。

On January 8, 2020, the International Olympic Committee (IOC) announced in Lausanne, Switzerland that wushu would be included as an official sport in the Dakar 2026 Youth Olympic Games. This marks the first time that wushu has been recognized as an official event in the Olympic series, signifying a major milestone in its global development and propelling its international expansion and promotion into a new historical stage.

为助力全球武术健儿备战青奥武术盛会，加速构建武术运动的国际标准化体系，国际武术联合会对标青奥会武术竞赛项目，对长拳、棍术、太极拳和太极扇四个比赛套路，采用国际化视角组织编译了“青奥武术系列中英双语教材”，力求成为全球各国和地区武术教练员精准施训、裁判员准确执裁和习练者精进技艺的权威指南与重要参考。

To support athletes worldwide in preparing for this historic wushu competition at the Youth Olympics, and to accelerate the construction of an international standardized system for the sport of wushu, the International Wushu Federation (IWUF) has aligned with the Youth Olympic Games' wushu competition requirements and compiled the *Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials* for the four competition routines of changquan, gunshu, taijiquan and taijishan from an international perspective. This series will serve as an authoritative guide and essential reference for wushu coaches to deliver precise training, for referees to ensure accurate officiating, and for practitioners to refine their skills in different countries and regions.

让我们共同期待 2026 年达喀尔青奥会，期待武术在奥林匹克舞台上绽放异彩！

Let us all eagerly anticipate the 2026 Dakar Youth Olympic Games, and look forward to witnessing the brilliance of wushu on the Olympic stage.

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一、长拳套路简介

Introduction of Changquan Routine

长拳是武术套路竞赛的基础性项目，在日常训练中备受广大教练员和运动员的重视。新编第三套国际武术竞赛套路——长拳，是在吸取了查拳、滑拳、炮拳、华拳等传统拳种经典动作的基础上，严格遵循武术套路运动技术的发展规律创编而成。

该套路内容丰富，编排设计合理，组合形式多变，难度适中。全套动作布局巧妙，连接顺畅，起伏转折，动迅静定，极具竞技性和观赏性，充分体现了长拳动作舒展大方、快速有力、灵活多变、窜蹦跳跃和节奏鲜明的运动特点。

Changquan is the foundational competitive event in the wushu taolu competitions, thus it is widely emphasized by the coaches and athletes in the daily Wushu training sessions. The newly choreographed 3rd International Wushu Competition Routine – Changquan, has extract classic movements of chaquan, huaquan(滑拳), paoquan, huaquan(华拳) etc. as the foundational techniques and has been created in strict accordance with the developmental trends of the Wushu Taolu competitive techniques.

This routine is rich in content, reasonably choreographed and designed, features a variety of movement combinations and is of moderate difficulty. The entire routine of movements is cleverly arranged, smoothly transitioned with ups and downs, twists and turns, speedy moves and still pauses, effectively encompassing both the competitiveness and aesthetic appeal. It fully embodies the characteristics of changquan techniques: expansive and graceful movements, speed and power, flexibility and variability, leaps and jumps, and a distinctive rhythmic presentation.



二、长拳套路动作名称

Movement Names of Changquan Routine

预备式

Yù Bèi Shì

Ready Position

第一段

Section One

1. 虚步亮掌

Xū Bù Liàng Zhǎng

Flashing Palm in Empty Stance

2. 上步对拳

Shàng Bù Duì Quán

Advance Step Inner Facing Fist

3. 弓步撩推掌

Gōng Bù Liāo Tuī Zhǎng

Uppercut Forward Palm Push with
Bow Stance

4. 弹腿击掌

Tán Tuǐ Jī Zhǎng

Spring Kick Palm Strike

5. 后点步冲拳

Hòu Diǎn Bù Chōng Quán

Rear Pointing Step Forward Punch

6. 歇步挑掌

Xiē Bù Tiāo Zhǎng

Crossed-legged Crouching Stance
Palm Flick

7. 并步冲拳

Bìng Bù Chōng Quán

Closed Step Forward Punch

8. 腾空摆莲 360°

Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

9. 并步拍地

Bìng Bù Pāi Dì

Closed Step Slapping the Ground

10. 单拍脚

Dān Pāi Jiǎo

Front Slap Kick

11. 提膝跳冲拳

Tí Xī Tiào Chōng Quán

Knee Raise and Punch with a Hop

12. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

13. 侧空翻

Cè Kōng Fān

Aerial Cartwheel

14. 旋风脚 360°

Xuàn Fēng Jiǎo 360°

Tornado Kick 360°

15. 跌竖叉

Diē Shù Chā

Falling Front Split

第二段

Section Two

16. 盖步冲拳

Gài Bù Chōng Quán

Front Cross Step Punch

17. 单拍脚

Dān Pāi Jiǎo

Front Slap Kick

18. 侧踹腿

Cè Chuài Tuǐ

Side Kick



19. 抡臂拍地

Lūn Bì Pāi Dì

Arm Circling and Slap on the Ground

20. 震脚按掌

Zhèn Jiǎo Àn Zhǎng

Stamp Feet and Downward Palm Press

21. 弓步冲拳

Gōng Bù Chōng Quán

Bow Stance Forward Punch

22. 横裆步亮掌

Héng Dāng Bù Liàng Zhǎng

Side Bow Stance Flashing Palm

23. 踢腿撩掌

Tī Tuǐ Liāo Zhǎng

Front Kick and Uppercut

24. 跳提膝钩手推掌

Tiào Tí Xī Gōu Shǒu Tuī Zhǎng

Hop, Knee Raise with a Hook and Palm Push

25. 腾空箭弹

Téng Kōng Jiàn Dàn

Jumping Spring Kick

26. 插步双摆掌

Chā Bù Shuāng Bǎi Zhǎng

Back Cross Step Double Palm Swing

27. 弓步钩手推掌

Gōng Bù Gōu Shǒu Tuī Zhǎng

Bow Stance Hook and Palm Push

28. 跳转身仆步切掌

Tiào Zhuǎn Shēn Pú Bù Qiè Zhǎng

Jump and Turn Over, Landing in Crouching Stance with Chopping Palm

29. 弓步架冲拳

Gōng Bù Jià Chōng Quán

Bow Stance Upper Block and Forward Punch

30. 弓步贯拳

Gōng Bù Guàn Quán

Bow Stance Horizontal Swinging Punch

31. 后扫腿

Hòu Sǎo Tuǐ

Back Sweep

32. 仆步亮掌

Pú Bù Liàng Zhǎng

Crouching Stance Flashing Palm

第三段

Section Three

33. 正踢腿

Zhèng Tī Tuǐ

Front Stretch Kick

34. 燕势平衡

Yàn Shì Píng Héng

Swallow Balance

35. 弓步十字拳

Gōng Bù Shí Zì Quán

Bow Stance Left Forward Punch and Right Backward Punch

36. 弓步左冲拳

Gōng Bù Zuǒ Chōng Quán

Bow Stance Left Forward Punch

37. 提膝挑掌

Tí Xī Tiāo Zhǎng

Knee Raise Palm Flick

38. 弧形步

Hú Xíng Bù

Curved Gliding Steps

39. 扣腿双摆掌

Kòu Tuǐ Shuāng Bǎi Zhǎng



Rear Cross-legged Balance Double
Swinging Palm

40. 击步劈打

Jī Bù Pī Dǎ

Slapping Step Hammer Strike

41. 弓步靠掌

Gōng Bù Kào Zhǎng

Bow Stance Leaning Palm

42. 弓步双钩手

Gōng Bù Shuāng Gōu Shǒu

Bow Stance Double Hook

43. 垫步蹬腿

Diàn Bù Dēng Tuǐ

Skiping Step Heel Kick

44. 弓步劈拳

Gōng Bù Pī Quán

Bow Stance Hammer Punch

45. 马步托打

Mǎ Bù Tuō Dǎ

Horse Stance Palm Lift and Punch

46. 插步抓肩

Chā Bù Zhuā Jiān

Back Cross Step Shoulder Grab

47. 马步架打

Mǎ Bù Jià Dǎ

Horse Stance Upper Block and Strike

第四段

Section Four

48. 提膝架掌

Tí Xī Jià Zhǎng

Knee Raise Upper Palm Block

49. 提膝冲拳

Tí Xī Chōng Quán

Knee Raise and Punch

50. 旋子

Xuàn Zi

Butterfly Kick

51. 坐盘

Zuò Pán

Cross Legged Sitting

52. 外摆腿击响

Wài Bǎi Tuǐ Jī Xiǎng

Outward Crescent Slap Kick

53. 打虎势

Dǎ Hǔ Shì

Taming Tiger Form

54. 弓步顶肘

Gōng Bù Dǐng Zhǒu

Bow Stance Elbow Jab

55. 抡臂砸拳

Lūn Bì Zá Quán

Arm Circling Smashing Fist

56. 虚步挑掌

Xū Bù Tiāo Zhǎng

Empty Stance Palm Flick

57. 转身云手

Zhuǎn Shēn Yún Shǒu

Turn Body Horizontal Palm Circling

58. 并步摆拳

Bìng Bù Bǎi Quán

Closed Step Horizontal Swinging Fist

59. 收势

Shōu Shì

Ending Position



三、长拳套路动作图解

Movements Illustrations of Changquan Routine

注：动作图解中，实线（——→）表示下一动作右手、右脚的运动路线，虚线（-----→）表示下一动作左手、左脚的运动路线。

Note: In the movements illustrations, the solid line (——→) represents the next movement is for the movement of the right arm or right leg, the dotted line (-----→) represents the next movement is for the movement of the left arm or left leg.

预备势

Yù Bèi Shì

Ready Position

两脚并步站立，脚尖向前；两臂垂于身体两侧，两手成掌自然贴靠腿外侧；眼向前平视。（图1）

Stand upright with feet together and toes pointing forward; placed both arms at the side of the body vertically, forming palm and position naturally at the sides of the respective legs. (Figure 1)

要点：头正颈直，下颌微收，挺胸、收腹、塌腰、夹腿。

Key Points: Head upright and neck straighten, chin slightly tuck in, brace the chest, contract the abdominal, sink the lower back, hold the legs together.



图1
Fig. 1



第一段 Section One

1. 虚步亮掌 Xū Bù Liàng Zhǎng Flashing Palm in Empty Stance

(1) 接上势，右脚向右后方撤步，左腿微屈；同时，右掌经体侧向胸前上方划弧砍掌，掌心向上；左臂屈肘，左掌提至腰侧，掌心向上；目视右掌。

(图 2)

(1) Following the previous movement, the right leg steps backwards to the right rear, the left leg slightly bent; at the same time, the right palm facing upwards moving in an arc from the body side and chop at the upper front of the chest; the left palm facing upwards bending the elbow and raised to the waist level; look at the right palm. (Figure 2)



图2
Fig. 2

(2) 重心后移，右腿屈蹲；左脚尖点地，成左虚步；同时，左掌经胸前从右臂上方向前上弧线穿旋经左侧向后下方划弧成钩手，钩尖向上，右手继续向后、向右、向前上划弧于头前上方屈肘抖腕成亮掌（即横掌），掌心向上；目视左方。（图 3）

(2) Shifting the body weight backwards and bend the right leg; the left toes pointed on the ground, forming a left empty stance; at the same time, the left palm moving in an arc from the front of the chest and thread forward above the right



arm, and continuing moving from the left side towards the lower rear, forming a hook hand with the tip of the hook pointing up. The right arm moving from the back to the right and upwards in an arc, positioning at the upper front of the head with a flick of the wrist to form a flash palm (that is horizontal palm), with the right palm facing up; look to the left. (Figure 3)

要点：肩松腰活，动作连贯，两手路线走圆。虚步重心落于右腿，右大腿与地面平行，上体保持正直。

Key Points: Shoulders relaxed and waist being flexible, keep the movements continuous and both arms move in circular routes. The empty stance has body weight to be rested on the right leg, the right thigh is level at horizontal as the ground level, keep the upper body upright.



图3
Fig. 3

2. 上步对拳 Shàng Bù Duì Quán

Advance Step Inner Facing Fist

(1) 接上势，右脚蹬地，重心前移，左脚向左前上步；同时，左钩手变掌，右掌下落，两掌向前撩出，两臂斜下，两掌心向前上；目视前方。（图4）

(1) Following the previous movement, the right leg pushes the body to shift forward, the left foot take a step to the left front; at the same time, the left hook hand changes to a palm, the right palm lowers, both palms facing upwards swinging towards the front as uppercut palms; look forward. (Figure 4)

(2) 右脚向右前上步，重心偏右；同时，两掌收经腹前向左右两侧弧形分开。（图5）

(2) The right leg steps one step to the right front, shift the body weight to the right slightly; at the same time, both palms retract towards the abdomen and part



to right and left sides respectively in an arc motion. (Figure 5)



图4
Fig. 4



图5
Fig. 5

(3) 左脚向右脚并步，两腿直立；同时，两手握拳继续弧形向里绕举于腹前，拳心均向下，两拳之间约两拳距离；目视左方。（图 6）

(3) The left leg closes in to the right leg with both legs straightened; at the same time, both hands change to fists, continue in an arc motion to position at the front of the abdomen, with the both fist heart (middle spot of the palm) facing down. The distance between the fists is two fist lengths apart; look to the left. (Figure 6)

要点：步法灵敏，手法敏捷，快慢相间，动静分明，上下配合要完整一致。

Key Points: The footwork has to be agile; the hand technique has to be swift, regulate the fast and slow pace, and clear contrast of motion and stillness. The upper and lower body movements have to be well-coordinated.



图6
Fig 6



3. 弓步撩推掌 Gōng Bù Liāo Tuī Zhǎng

Uppercut Forward Palm Push with Bow Stance

(1) 接上势，左腿屈膝提起，右腿自然伸直；同时，两拳变掌，右掌向右后下方摆举；左臂外旋，左掌向前上方托举，掌心向上；目视左前方。（图7）

(1) Following the previous movement, raise the left knee, straighten the right leg naturally; at the same time, transform both fists to palms, the right palm swing down and positions at the right rear; the left arm turns outwards and raises to the upper front with the palm facing up; look to the left. (Figure 7)



图7
Fig. 7

(2) 左掌继续向前上方托举；左脚向左前方落地，两腿屈膝下蹲，成马步；同时，左臂内旋回屈，左手虎口向内按于左膝上方，左肘外撑；目视左前方。（图8、图9）

(2) The left palm continues to raise up to the upper front; the left leg lowers and land to the left front, bending both knees and form a horse stance; at the same time, the left arm turns inwards and retracts, the left hand turns inwards and the web of the left hand presses above the left knee, the left elbow extend outwards; look to the left front. (Figure 8, 9)



图8
Fig. 8



图9
Fig. 9

(3) 上体左转，重心左移；左腿屈膝前弓，成左弓步；同时，右手由后向下、向前弧形撩举，手心向左，手指向前；目视前方。（图 10）

(3) The upper body turns left and shift the body weight to the left; the left knee bend forward to form a left bow stance; at the same time, the right hand swing from the back downwards and to the front in an arc motion to perform an uppercut palm with the palm facing up and fingers pointing forward; look to the front. (Figure 10)

(4) 上体右转，重心右移；右腿屈膝，成马步；同时，右手经上回屈于右腰侧，左手姿势不变；目视右手。（图 11）

(4) The upper body turns right and shift the body weight to the right; bend the right knee to form a horse stance; at the same time, the right hand continues to move up and retracts to the side of the waist, the left hand remains unchanged; look at the right hand. (Figure 11)



图10
Fig. 10



图11
Fig. 11

(5) 右腿蹬伸，左腿屈膝前弓，成左弓步；上体左转；同时，右掌随转体向前推击，掌指高与肩平，力达小指一侧；目视前方。（图 12）

(5) The right leg straightened, the left knee bends and pushes forward to form



a left bow stance; turns the upper body to the left; at the same time, the right hand following the body turn and strike to the front, with the fingers at the shoulder level, the force exerted at the side of the little finger; look to the front. (Figure 12)

要点：动作用力顺达，上下肢协调，缓而不松，力点准确。

Key Points: The forces are executed smoothly during the movements, the upper and lower limbs are well-coordinated, steady but not loose, the force of impact should be precise.



图12
Fig. 12

4. 弹腿击掌 Tán Tuǐ Jī Zhǎng

Spring Kick Palm Strike

接上势，右掌外旋刁手成拳；随即左腿蹬伸，重心前移，右腿屈膝提起，小腿迅速向前弹踢，右腿伸直与腰平，脚面绷平；同时，右拳收于腰间，拳心向上；左掌向前推击，手指向上，力达小指一侧；目视前方。（图 13、图 14）

Following the previous movement, the right palm turns outward and grasps into a fist; simultaneously straighten the left leg and shift the body weight forward, bend and raise the right knee, the lower leg quickly execute a snap kick forward at the waist level with the face of the foot stretched flat and straighten; at the same time, the right fist retracts and hold it at the right side of the waist with the heart of the fist facing up; the left palm strikes to the front with the fingers pointing up and the force exerted at the side of the little finger; look to the front. (Figure 13, 14)

要点：手法敏捷，力点准确。弹腿、击掌上下配合，协调一致。

Key Points: The hand technique has to be swift; the force of impact should be precise. The spring kick and palm strike should be harmonized and well-coordinated.



图13
Fig. 13



图14
Fig. 14

5. 后点步冲拳 Hòu Diǎn Bù Chōng Quán

Rear Pointing Step Forward Punch

接上势，右脚向后落地，前脚掌着地；同时，左手握拳收于腰间，拳心向上；右拳向前冲出，拳眼向上，力达拳面；目视前方。（图 15）

Following the previous movement, the right leg lands to the rear with the ball of the leg touching the ground; at the same time, the left hand changes to fist and retracts to the left side of the waist with the heart of the fist facing up; the right fist punches to the front with the eye of the fist facing up and the force exerted at the face of the fist; look to the front. (Figure 15)

要点：撤步轻灵，冲拳迅速，力点准确。

Key Points: The back-step should be agile, the forward punch should be swift and the force of impact should be precise.



图15
Fig. 15

6. 歇步挑掌 Xiē Bù Tiāo Zhǎng

Crossed-legged Crouching Stance Palm Flick

(1) 接上势，重心后移，左脚向左撤步，身体右移；同时，左拳变掌迅速



向左前上方砍出，右拳收至右腰间；目视左掌。（图 16）

(1) Following the previous movement, shift the body weight backwards, the left leg steps to the left rear, shift the body to the right; at the same time, the left fist transform to palm and quickly chop to the upper left front, the right fist retracts to the right side of the waist; look to the left palm. (Figure 16)



图16
Fig. 16

(2) 右腿蹬伸抬起，重心左移，右脚向左腿后落步，两腿交叉屈膝下蹲，成左歇步；同时，右拳变掌向右前弧形上挑，回收腰间变拳，拳心向上；左手先收至腰后再由下向前弧形挑掌，力达小指一侧；目视左前方。（图 17、图 18）

(2) The right leg straightens and springs off the ground, shift the body weight to the left, the right leg lands behind the left leg, cross both knees and squat to form a left resting stance; at the same time, the right fist transform to palm and flick to the right front in an arc motion, then retracts to the waist and changes to fist with the heart of the fist facing up; the left hand first retracts to the waist then perform the flick from the bottom to the front, the force exerted at the side of the little finger; look to the left front. (Figure 17, 18)

要点：手法清晰、敏捷，刚柔相济，动迅静定，起伏转折协调一致。

Key Points: The hand techniques must be clear, swift, forcefulness and gentleness should be cooperated; moves fast and pauses in stillness, the ups and downs, twists and turns should be harmonized and well-coordinated.



图17
Fig. 17

图18
Fig. 18

7. 并步冲拳 Bìng Bù Chōng Quán

Closed Step Forward Punch

接上势，两脚蹬地，身体直立，左脚向左前上一步，右脚向左脚迅速并拢；同时，右拳向前冲击，拳眼向上，力达拳面；左掌附于右肘内侧，掌指向上，掌心向里，左肘尖下垂；上体微前倾；目视前方。（图 19、图 20）

Following the previous movement, both legs push the ground and straighten the body, the left leg shift one step to the left front, the right leg quickly closes in to the left leg; at the same time, the right fist punches to the front with the eye of the fist facing up, and the force exerted at the face of the fist; the left palm placed at the inner side of the right elbow with the fingers pointing up and palm facing inwards, the left elbow should be drooped; the upper body lean forward slightly; look to the front. (Figure 19, 20)

要点：步法灵敏，并步快速，身体微前倾，冲拳力点准确，形神兼备。

Key Points: The footwork should be agile, close-up step should be swift, the upper body lean forward slightly, the force exerted by the forward punch should be precise, balanced presentation of the form and spirit.



图19
Fig. 19



图20
Fig. 20

8. 腾空摆莲 360° Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

(1) 接上势，身体右转；左脚向右前方上步，脚尖微内扣，右脚向右弧形上步；同时，两臂分别向左右两侧下摆。（图 21、图 22）

(1) Following the previous movement, turn the body to the right; the left leg steps to the right front with the toes slightly pointing inwards, the right leg steps to the right in an arc motion; at the same time, both arms swing down to the right and left sides respectively. (Figure 21, 22)



图21
Fig. 21



图22
Fig. 22

(2) 右脚蹬地向上跳起腾空，身体在空中向右后转 360°，左腿向右前上方直腿摆起，右腿向左上摆起经面前向右外摆；同时，两臂上摆至头上方，左右掌依次击拍右脚面；目视右脚。（图 23）

(2) Jump off the ground with the right leg, the body turns to the rear right 360 degrees in the mid-air, the left leg swing to right front with a straight leg, the right leg swing to the left and kick outwards to the right; at the same time, swing



both arms upwards above the head, the left hand slaps the top of the right foot first, then the right hand; look at the right leg. (Figure 23)

要点：助跑起跳迅速，腾空高，幅度大。空中击响腿脚尖过肩，击拍准确。

Key Points: The run-up and launching should be swift, the jump should be high, the lotus kick should have a wide angle. The tip of the right foot should be above the shoulder level in the mid-air; the slapping must be accurate.



图23
Fig. 23

9. 并步拍地 Bìng Bù Pāi Dì

Closed Step Slapping the Ground

接上势，左右脚同时落地，两腿屈蹲；同时，两掌由上向下击拍地面；目视两掌。（图 24）

Following the previous movement, both legs land at the same time with both knees bend, at the same time, both palms slap down from the top onto the ground; look at both palms. (Figure 24)

要点：落地全蹲，屈肘下拍，短促有力。

Key Points: Land with a full squat, bend the elbows while slapping down, the force should be short and impactful.



图24
Fig. 24

10. 单拍脚 Dān Pāi Jiǎo

Front Slap Kick

(1) 接上势，重心上升；两腿直立，右脚向前方上步；同时，两臂向前后分开上摆；头向右转，目视右后方。（图 25）

(1) Following the previous movement, raise the body up; straighten both legs, the right leg steps forward; at the same time, both arms swing upwards and part to the front and back; turn the head to the right, look at the right rear. (Figure 25)

(2) 左脚向右脚前上步；同时，左臂向上、向后摆至头左上方，右臂经下向前、向上摆起至头右上方；目视前方。（图 26）

(2) The left leg step forward in front of the right leg; at the same time, swing the left arm upwards and backward, and then positioned it above the left of the head, the right arm circling down to the front and then upwards and positioned above the right of the head; look to the front. (Figure 26)



图25
Fig. 25



图26
Fig. 26

(3) 重心移至左腿，右脚向前上方摆起；同时，两臂向头前上方，右掌背



拍击左掌心，随即右掌心拍击右脚面；目视拍击方向。（图 27）

(3) Shift the body weight to the left leg, the right leg kicks upwards to the front; at the same time, both arms move to the top front of the head, the back of the right palm slaps onto the left palm, then immediately slaps the right palm on the face of the right foot; look at the direction of the slap. (Figure 27)

要点：上步、抡臂协调一致。支撑腿全脚着地，击拍脚过肩，击响准确。

Key Points: Forward step and wheeling of arms should be harmonized and well-coordinated. The supporting leg should be fully grasped to the ground, the slapping of the foot should be above the shoulder level, and the slap must be accurate.



图27
Fig. 27

11. 提膝跳冲拳 Tí Xī Tiào Chōng Quán

Knee Raise and Punch with a Hop

(1) 接上势，右脚落地，两臂前后下落；随即左脚上步，上身左转；同时，左掌变拳收抱于左腰侧，拳心向上；右掌向后、向下经体右侧向前撩掌，掌心向左；目视右掌。（图 28、图 29）

(1) Following the previous movement, the right foot lands, the two arms lower to the front and back respectively; the left foot steps forward immediately, turns the upper body to the left; at the same time, the left palm changes to fist and retracts to the left side of the waist with the fist heart facing up; the right palm circling downwards from the back to the right side and strike forward as an uppercut palm with the palm facing left; look at the right palm. (Figure 28, 29)



图28
Fig. 28



图29
Fig. 29

(2) 右脚向前上步蹬地跳起腾空，左腿提膝收于腹前；同时，左拳变掌向前撩出，随即左掌内旋向头左上方架掌，左臂撑圆上举，掌心向上；右拳向右直臂冲出，高与肩平；目视右方。（图 30、图 31）

(2) The right foot steps forward and jump up, the left knee raises to the front of the abdomen; at the same time, the left fist changes to palm and strike to the front as an uppercut palm, follow which, immediately turns the left palm inwards and raises above the left front of the head to block, the left arm raises with elbow slightly bend and palm facing up; the right fist punches forward to the right at the shoulder level; look to the right. (Figure 30, 31)

要点：身体中正，腾空展体，动作连贯，协调一致。

Key Points: The body should be kept centered and upright, extend the body when jumping, the movements should be continuous, harmonized and well-coordinated.



图30
Fig. 30



图31
Fig. 31



12. 腾空飞脚 Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

(1) 接上势，右脚落地支撑，右腿屈膝半蹲；同时，右拳变掌，两掌由上向下摆至胸前交叉；随即身体左转，左脚向前上步；两臂下落经腹前分别向前后上方直臂摆起，立掌；目视前方。（图 32、图 33）

(1) Following the previous movement, the right leg lands and bending the knee to a half squat to buffer and support the body; at the same time, the right fist changes to palm, both palms lowers and positions at the front of the chest as crossed palm; turn the body to the left immediately, the left foot steps forward; both arms lowers to the abdomen and separates to the front and back respectively, straighten both arms and swings upwards with vertical palm; look to the front. (Figure 32,33)

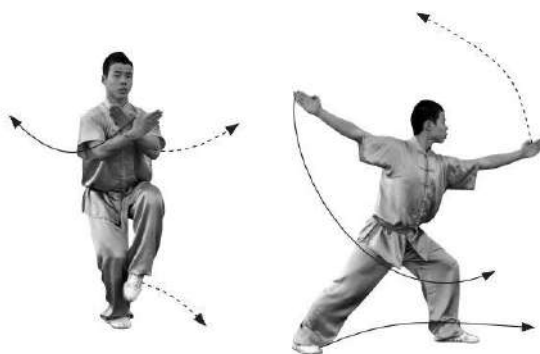


图32
Fig. 32

图33
Fig. 33

(2) 右脚向前上步，蹬地向上跳起腾空，左腿向前上摆起，屈膝收回；同时，两臂依次向上、向后立圆摆动至头前上方，右掌背拍击左掌心；随即右腿向前上弹出，右掌拍击右脚面；目视前方。（图 34、图 35）

(2) The right foot steps forward, and launch to jump up, swing the left leg up and forward and then retracts with bent knee; at the same time, both arms sequentially circling up and backwards to upper front of the head, the back of the right palm slap on the left palm; immediately the right foot spring kick to the upper front, the right palm then slaps on the face of the right foot; look to the front. (Figure 34, 35)

要点：腾空后右腿前上弹击响腿脚尖过肩，左腿提膝收于腹前。空中立



身击掌、拍脚迅速准确。

Key Points: After the jump, the right snap kick should be towards the upper front, the tip of the snap kick must be above the shoulder level, the left knee bent and hold at the front of the abdomen. Whilst in the mid-air, keep the body upright when slapping the palms, the slap kick should be swift and accurate.



图34
Fig. 34



图35
Fig. 35

13. 侧空翻 Cè Kōng Fān

Aerial Cartwheel

接上势，右脚落地，左脚上步蹬地，右腿向后、向上摆起，身体前屈，两腿在空中分开（在空中做向左侧翻动作），随即右脚落地；目视右下方。（图 36—图 38）

Following the previous movement, the right foot lands, the left foot steps forward and launch a jump, the right leg swing back and upwards, the body lean forward, both legs split in the mid-air (perform a left aerial cartwheel movement in the mid-air), immediately land with the right foot; look to the lower right. (Figure 36 – Figure 38)

要点：空中两腿伸直、依次迅速摆腿，翻转要快，腾空高、飘。

Key Points: Both legs should be straightened in the mid-air, swing the legs swiftly and sequentially, the rotation should be quick, the jump should be high and drifting.

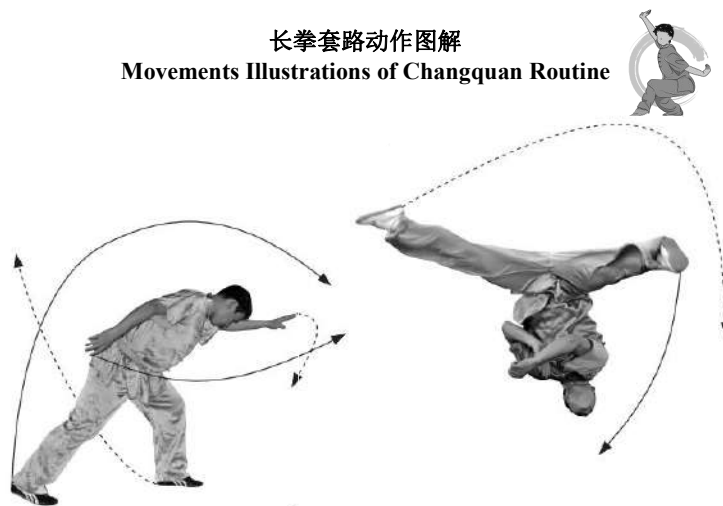


图36
Fig. 36

图37
Fig. 37



图38
Fig. 38

14. 旋风脚 360° Xuàn Fēng Jiǎo 360°

Tornado Kick 360°

(1) 接上势，上体立起左转，左脚向前落步；右手握拳收至右腰侧，左掌向左前方推出；右左脚连上 3 步，身体左转，两腿微屈下蹲；同时，两臂向右上摆起；目视前方。（图 39—图 42）

(1) Following the previous movement, lift the upper body straighten up and turns to the left, the left foot lands to the front; the right hand changes to a fist and retract to the right side of the waist, the left palm pushes forward to the left front; the right and left foot steps forward sequentially three steps, turn the body to the left, both knees bent downwards slightly; at the same time, both arms swing to the upper right; look to the front. (Figure 39 – Figure 42)



图39
Fig. 39



图40
Fig. 40



图41
Fig. 41



图42
Fig. 42

(2) 右脚蹬地跳起，左腿向左上方摆动，在空中右腿里合；左手在头前迎击右脚前脚掌；身体左后旋转 360°。（图 43）

(2) The right leg launches the jump, the left leg swing to the upper left, the right leg executes an inner crescent kick in the mid-air; the left hand slaps on the right foot sole at the front of the head; and then turn the body to the left rear 360 degrees. (Figure 43)

要点：空中身体中正，击响腿脚过肩，立身旋转，击拍准确。

Key Points: The body should be kept centered and upright in the mid-air, the foot of the kicking leg should be above the shoulder level, keep the body upright while in rotation and the slap must be accurate.



图43
Fig. 43

15. 跌竖叉 Diē Shù Chā

Falling Front Split

接上势，两腿一齐前后分开落地，成竖叉，左脚尖勾起在前，右腿伸直、脚面绷平在后；同时，两掌在身体左右两侧立掌伸出；目视右掌前方。（图



44)

Following the previous movement, both legs split into front and back simultaneously when landing, forming a vertical split, the left toes tilt upwards towards the front, the right leg straighten with the face of the foot flatten at the back; at the same time, both palms straighten out to the sides of the body with vertical palms; look to the front of the right palm. (Figure 44)

要点：两腿同时落地时上体塌腰前倾，前脚掌向内勾收，后腿伸直。

Key Points: When both legs land at the same time, sink the waist and lean the body slightly forward, the toes of the front foot hooked turns inwards, the back leg straightens.



图44
Fig. 44



第二段 Section Two

16. 盖步冲拳 Gài Bù Chōng Quán

Front Cross Step Punch

(1) 接上势，两脚蹬地起身，随即左脚上步，两腿屈膝半蹲；同时，两臂屈肘内收，两掌交叉至于胸前，掌心向上；目视前方。（图 45、图 46）

(1) Following the previous movement, push both feet off the ground to get up, the left foot steps forward with both knees bending in a half squat position; at the same time, bend the elbows of both arms and retract inwards, the two palms crossed in front of the chest with the palm facing up look to the front. (Figure 45, Figure 46)



图45
Fig. 45



图46
Fig. 46

(2) 左腿伸直，身体左转；右脚经体前向左侧盖步落地，脚尖微外展，右腿屈膝半蹲；同时，左掌向前经右向左后划弧经左腰侧向右前摆至右肩前，掌心向右，指尖向上；右掌向右后划弧经右腰侧变拳向右前冲出，拳眼向上，高与肩平；目视右拳。（图 47、图 48）

(2) Straighten the left leg and turn the body to the left; the right foot moves past the body front to the left to form a cover (front crossed) step with the toes pointing outward and knee bending to a half squat position; at the same time, the left palm moves forward from the right and then leftwards to the rear in an arc motion, then passes the left side of the waist towards the right front and positioned at the front of right shoulder, with the palm facing right and fingers pointing up; the right palm moves to the right rear in an arc motion, passes the right side of the



waist and changes to a fist punching to the right front at the shoulder level with the eye of the fist pointing up; look at the right fist. (Figure 47, Figure 48)

要点：分掌盖步协调，动作开合缓而不松。

Key Points: The separating palms and cover step should be well coordinated, the opening and closing of the movements should be gentle but not lax.



图47
Fig. 47



图48
Fig. 48

17. 单拍脚 Dān Pāi Jiǎo

Front Slap Kick

(1) 接上势，身体左转，左脚向前上步；同时，右拳变掌；左掌向下经腹前向上摆起，虎口向上，指尖向前；头向左转，目视左掌。（图 49）

(1) Following the previous movement, turn the body to the left, the left foot steps forward; at the same time, the right fist changes to palm; the left palm moves down and passes the front of the abdomen, and then swings upwards with the fingers pointing forward and the web facing up; the head turns to the left and look at the left palm. (Figure 49)

(2) 右脚向前上步；同时，左臂向前上摆至头部前上方，掌心向前，指尖向上；右臂下摆；目视前方。（图 50）

(2) The right foot steps forward; at the same time, the left arm swings forward and up above the front of the head with the palm facing front and fingers pointing up; the right arm swings down; look to the front. (Figure 50)



图49
Fig. 49



图50
Fig. 50

(3) 左脚向前上步；同时，右臂由下向前上摆起，在头前上方，右掌背拍击左掌心；目视前方。（图 51）

(3) The left foot steps forward; at the same time, the right arm swings from the bottom to the front and upwards to the front of the head, the back of the right palm slaps on the left palm; look to the front. (Figure 51)

(4) 左腿支撑，右腿伸直，脚面绷平向前上方摆起；右脚摆至面前时，右掌心拍击右脚面；左臂上摆，掌心斜向前；目视右脚。（图 52）

(4) With the left leg providing support, the right leg straightens and swings to the upper front with the face of the foot flattened; when the right foot reaches the front of the face, the right palm slaps onto the face of the right foot; the left arm swings up with the palm slanting forward; look at the right foot. (Figure 52)

要点：上步迅速，击响腿脚部过肩，击拍准确。

Key Points: The advancing steps should be swift, the slapping foot should be higher than the shoulder level, the slap must be accurate.



图51
Fig. 51



图52
Fig. 52

18. 侧踹腿 Cè Chuài Tuǐ Side Kick

(1) 接上势，身体右转；右脚经左脚前向左落地，脚尖外展，屈膝半蹲；同时，两臂向下在腹前交叉上摆至胸前成十字掌，右掌在外，左掌在内，掌心向外，指尖向上；目视前方。（图 53）

(1) Following the previous movement, the body turns right; the right foot passes the front of the left foot and steps to the left with the toes pointing outward in a half squatting position; at the same time, the two arms lower to the front of the abdomen and crossed each other, then raised to the chest level in a crossed palm with the right palm on the exterior and left palm on the interior, both palms facing outward and fingers pointing up; look to the front. (Figure 53)



图53
Fig. 53

(2) 重心移至右腿并伸直独立支撑，上体向右侧倾；左腿由左侧屈膝向上抬起，勾脚尖向左侧上方蹬出，脚高于腰；同时，两臂由屈到伸，两掌向左右两侧推出，掌心向外，高与肩平；目视左脚。（图 54）



(2) Shift the body weight to the right leg, right leg straightens and supports the body, the upper body leans to the right side; the left leg raises from the left with the knee bent, and extend a side kick to the upper left higher than the waist level with the ankle flexed inward; both arms extend and push to both sides at shoulder level with the palm facing outward; look at the left foot. (Figure 54)

要点：支撑腿直立，展胯向左侧挺膝踢出与双分掌完整一致。

Key Points: The supporting leg should be straightened. The hip extension and left side kick should coordinate with the separating palms in unison.



图54
Fig. 54

19. 抡臂拍地 Lūn Bì Pāi Dì

Arm Circling and Slap on the Ground

(1) 接上势，重心右上移，身体右转；同时，左脚向后方落步；随即右臂下摆至右侧下方，左臂向下经体前向上摆至头左上方；目视前方。（图 55）

(1) Following the previous movement, shift the body weight upwards to the right and turn the body to the right; at the same time, the left foot lands to the right rear; immediately the right arm lowers to the right side, the left arm moves down, passes the front of the body and swings up to the upper left above the head; look to the front. (Figure 55)



图55
Fig. 55

(2) 身体左转；右脚上步，两腿平行，屈膝全蹲；同时，左臂向下、向后上方摆起，左掌变成钩手，钩尖向上；右臂由下向上、向前下拍地，掌心向下；目视右掌。（图 56）

(2) Turn the body to the left; the right foot steps forward to be parallel for both feet, bending both knees to a full squat; at the same time, the left arm moves down and swings up to the rear, then transform to a hook with the tip of the hook pointing up; the right arm swings upwards from the right and then to the front, follow by slapping on the ground with the palm facing down; look at the right palm. (Figure 56)

要点：落步、转体、屈蹲连贯，肩松抡臂立圆，全蹲、屈肘拍地短促有力。

Key Points: The movements of the landing of left foot the rear right, body turn, and squatting should be continuous, relax the shoulder joints while circling the arm in a vertical circle, the full squat and bending elbows to slap the ground should be short and forceful.



图56
Fig. 56

20. 震脚按掌 Zhèn Jiǎo Àn Zhǎng

Stamp Feet and Downward Palm Press

(1) 接上势，身体右转 90°，重心上升；两脚跟抬起，前脚掌着地；同时，左臂向下经体左侧向前摆动，右臂向下经体右侧向前上摆起；目视前方。
(图 57)

(1) Following the previous movement, turn the body 90 degrees to the right, raise the body weight upwards; raise both heels with the soles touching the ground only; at the same time, the left arm moves down passes the left side of the body and swings to the front, the right arm moves down passes the right side of the body and swings up to the upper front; look to the front. (Figure 57)



图57
Fig. 57

(2) 身体继续右后转 90°；右臂随转体由上向后立圆摆至身体右腰侧抱拳，拳心向上；左臂随转体向前、向上摆起下落至体前，掌心向下，指尖向



右；同时，右腿屈膝抬起向左脚内侧用力下落震踏；左腿屈膝抬起，脚面绷平贴扣于右膝腘窝处；目视前方。（图 58）

(2) The body continues turning to the right 90 degrees to the rear; the right arm, following the body turn, swings up towards the rear in a vertical circle and positions at the right side of the waist in a fist with the heart of the fist facing up; the left arm, following the body turn, moves to the front and swings up and positions at the front of the body with the palm facing down and fingers pointing to the right; at the same time, the right knee raises and stamp near the inner side sole of the left foot; the left leg raises with knee bent, with the back of the foot flattened, moves and locks against the back socket of the right knee; look to the front. (Figure 58)

要点：以髋为轴，转身协调，转身震脚与抱拳按掌同时完成。

Key Points: Using the hip as the rotational axis, the body turn should be well coordinated. The movements of body turn with stamping foot, holding fist and pressing palm should be completed concurrently.



图58
Fig. 58

21. 弓步冲拳 Gōng Bù Chōng Quán

Bow Stance Forward Punch

(1) 接上势，左脚向前上步，左腿屈膝前弓，右腿伸直，成左弓步；同时，右拳内旋向前冲出，拳心向左，拳面向前，高与肩平；左掌变拳随左臂屈肘收于左腰侧，拳眼向上；目视前方。（图 59）

(1) Following the previous movement, the left foot steps forward, bending the knee to the front and straightening the right leg, to a form left bow stance; at the same time, the right fist punches to the front at the shoulder level, with the



heart of the fist facing left and the face of the fist to the front; the left palm changes to fist and retracts to the left side of the waist, with the eye of the fist pointing up; look to the front. (Figure 59)

(2) 右腿屈膝，上体微右转，成马步；同时，左前臂内旋，左拳向前冲出，拳眼向上，拳面向前；右臂外旋屈肘，右拳收于右腰侧；目视前方。（图 60）

(2) Bend the right knee and the upper body turns to the right slightly, to form a horse stance; at the same time, the left arm rotates inwards and punches to the front, with the eye of the fist pointing up and the face of the fist facing the front; the right arm retracts to right side of the waist; look to the front. (Figure 60)



图59
Fig. 59



图60
Fig. 60

(3) 身体右转 90°；左脚跟外展，左腿伸直，右脚跟内转，右腿屈膝前弓，成右弓步；同时，右臂内旋，右拳向前冲出，拳眼向上，拳面向前，高与肩平；左臂动作不变；目视前方。（图 61）

(3) Turn the body 90 degrees to the right; the left heel turns outwards and straightening the leg, the right heel turns inwards and bending the knee forward to form a right bow stance; at the same time, extend the right arm and punches to the front at the shoulder level, with the eye of the fist pointing up and the face of the fist facing the front; the left arm remains intact; look to the front. (Figure 61)

要点：弓出腿大腿成水平，后腿挺膝蹬直，全脚着地；两手立冲拳迅捷。

Key Points: In the bow stance, the thigh level of the knee bending leg should be horizontal, the hind leg should be straightened with the knee extended and sole fully on the ground. The two vertical punches by both arms should be swift and agile.



图61
Fig. 61

22. 横裆步亮掌 Héng Dāng Bù Liàng Zhǎng Side Bow Stance Flashing Palm

(1) 接上势，左腿支撑，右腿提膝；身体左转 180°；同时，两拳变掌，右掌随转体向左平行砍掌，左臂屈肘收回，两掌交叉于胸前；目视两手。（图 62）

(1) Following the previous movement, raise the right knee while the left leg providing the support; the body turns 180 degrees to the left; at the same time, both fists change to palms, the right palm, following the body turn, horizontally chops to the left, the left arm retracts slightly and both arms cross in front of the chest; look at both hands. (Figure 62)



图62
Fig. 62

(2) 右脚落于左脚外侧，右腿屈膝半蹲，左脚贴扣于右膝腘窝处；随即左脚向左侧横铲一步，成左横裆步；同时，两手由下向上、向左右两侧撩掌，高与肩平；随即右手随右臂屈肘抖腕成亮掌，掌心斜向上，左掌成钩手，钩



尖向下；目视前方。（图 63、图 64）。

(2) The right foot lands at the outer side of the left foot with the knee bending to a half squat, the left foot locks against the back socket of the right knee; immediately the left foot horizontally slide to the left to form a side bow stance; at the same time, both hands move from the bottom and swing up towards the respective sides of the body to the shoulder level; following that, bend the right elbow slightly and flicks the right wrist to form a flash palm with the palm facing slanting up, the left hand changes to a hook hand with the tip of the hook pointing down; look to the front. (Figure 63, Figure 64)

要点：两脚内扣，重心落于髋部，右掌、前臂撑圆，左手屈腕，五指撮拢。

Key Points: For the side bow stance, both feet turn inwards and the centre of the body weight rests on the hip. The right arm exhibits a rounded pose, the left hook hand should have the wrist bend with the five fingers pinched together.



图63
Fig. 63



图64
Fig. 64

23. 踢腿撩掌 Tī Tuǐ Liāo Zhǎng

Front Kick and Uppercut

(1) 接上势，重心上升右移至右腿；同时，两臂由两侧向上直臂摆起上举交叉，右手在外，左手在内，掌心向内；随即左脚向右脚并拢，两腿屈膝全蹲；两臂屈肘交叉下落于胸前；目视两手。（图 65、图 66）

(1) Following the previous movement, rise and shift the body weight to the right leg; at the same time, both arms straighten and moves upwards to cross above the head, with the right hand outside and left hand inside; following that, the left foot closes in to the right foot, both legs bend to a full squat; both arms



with the cross hands lower to the front of the chest; look at both hands. (Figure 65, Figure 66)



图65
Fig. 65



图66
Fig. 66

(2) 右腿伸直支撑，左腿斜踢于右耳侧；同时，右手随踢腿沿大腿外侧至左脚外侧贴身上撩于脑后，左掌向下、向左侧撩掌；目视左前方。（图 67、图 68）

(2) The right leg straightens and provide support, the left leg kicks diagonally to the level of the right ear, at the same time, the right arm, following the kick, moves against the exterior side of the left leg and swing up to the back of the head, the left palm moves down and swing down to the left side; look to left front. (Figure 67, Figure 68)

要点：斜踢腿的同时右掌沿左腿髋外侧上撩，身体中正，开肩扬臂协调一致。

Key Points: During the diagonal rising kick, the right palm should move against the external side of the left hip section and lifts upwards, keep the body centered and upright, extension of the shoulders and swinging of the arms should be harmonized and well-coordinated.



图67
Fig. 67



图68
Fig. 68

24. 跳提膝钩手推掌 Tiào Tí Xī Gōu Shǒu Tuī Zhǎng Hop Knee Raise with a Hook and Palm Push

(1) 接上势，左腿下落于右腿内侧，两腿屈膝并拢；同时，右臂由上向下、左臂由后向前交叉于两膝前，右手在下，掌心向上，左掌心向下；目视前下方。（图 69）

(1) Following the previous movement, the left foot lands next to the inner side of the right leg, both knees bend and close together; at the same time, the right arm moves from the bottom up and the left arm moves from the back to the front and crosses each other at the front of the knees, the right hand at the bottom with the palm facing up, the left palm facing down; look at the lower front. (Figure 69)



图69
Fig. 69

(2) 两脚蹬地跳起腾空，右腿提膝收于腹前；同时，右掌变钩由下向后上摆，略高于肩；左掌前推，高与肩平，力达小指一侧；目视前方。

(2) Using both legs to jump up, raise the right knee and holds at the front of the abdomen; at the same time, the right palm changes to a hook hand, swings from the bottom towards to the upper rear, slightly higher than the shoulder level; the left palm pushes forward, high with the shoulder level, force reaches the little finger side; look at the front.



the left palm pushes forward at the shoulder level, the force exerted at the side of the little finger; look to the front. (Figure 70)

要点：腾空提膝过腰，上体正直，钩手、推掌完整一致。

Key Points: During the jumping knee raise, the level of the raised knee should be higher than the waist. The upper body remains upright; the hook hand the palm push should be completed in unison.



图70
Fig. 70

25. 腾空箭弹 Téng Kōng Jiàn Dàn

Jumping Spring Kick

(1) 接上势，左脚落地，右脚上步，上体保持不变，随即左右脚上步；目视前方。（图 71—图 73）

(1) Following the previous movement, the left foot lands on the ground, the right foot lands a step forward, the upper body remains intact; following that, the left foot and right foot steps another one step forward sequentially; look to the front. (Figure 71 – Figure 73)



图71
Fig. 71



图72
Fig. 72



图73
Fig. 73

(2) 左腿提膝；右钩变掌由下向前托出，掌心向上，左掌变拳收回于左腰侧，拳心向上；随即右脚蹬地腾空弹腿；同时，右掌变拳收回于右腰侧，拳心向上；左拳变掌向前推出，掌心向前，力达小指一侧；目视前方。（图 74、图 75）

(2) Raise the left knee; the right hook transform to palm and raises to the front, with the face of the palm facing up, the left palm changes to fist and retracts to the left side of the waist with the heart of the fist facing up; following that, the right leg jumps upward and perform a spring kick in the mid-air; at the same time, the right palm changes to fist and retracts to the right side of the waist with the heart of the fist facing up; the left fist changes to palm and pushes forward with the palm facing front, and the force exerted at the side of the little finger; look to the front. (Figure 74, Figure 75)

要点：上体直立，腾空弹腿收髋由屈到伸达于水平，弹腿、推掌完整一致。

Key Points: The upper body remains upright. In the jumping spring kick, retract the hip joint and the leg should be kicking at the horizontal level. The spring kick and the palm push should be completed in unison.

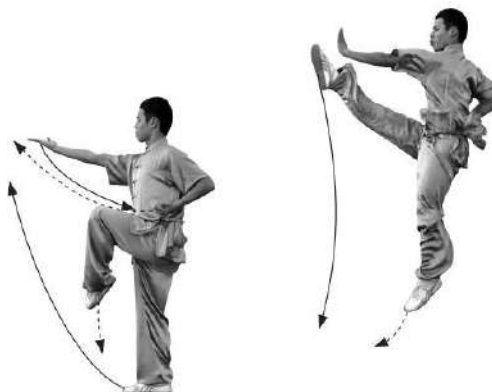


图74
Fig. 74

图75
Fig. 75

26. 插步双摆掌 Chā Bù Shuāng Bǎi Zhǎng Back Cross Step Double Palm Swing

(1) 接上势，左脚下落，右脚上步，上体保持不变；随即左脚先上步，重心左移，身体左转，右脚再上步；同时，右拳变掌，两掌向下、向左上摆起，掌指均向上；目视左掌。（图 76—图 78）

(1) Following the previous movement, the left foot lands onto the ground, the right foot steps forward, the upper body remains intact; following that, the left foot takes one step forward first, shift the body weight to the left and turn the body to the left, then the right foot steps forward; at the same time, the right fist changes to palm, both palms move downwards, then swing upwards from the bottom to the left and with the fingers pointing up; look at the left palm. (Figure 76 – Figure 78)



图76
Fig. 76



图77
Fig. 77



图78
Fig. 78

(2) 左脚向右腿后插步，前脚掌着地；上体右拧；同时，两臂继续由左向上、向右摆于身体右侧，均成立掌，左掌停于右肘窝处；目视右掌。（图 79）

(2) The left foot step backwards, crossing behind the right foot, with the front sole touching the ground, to form a back crossed stance; the upper body twists to the right; at the same time, both arms continue to swing from the left, upwards, to the right and position at the right side of the body, both palm being vertical palm, the left palm positions at the inner side of the right elbow; look at the right palm. (Figure 79)

要点：两臂要划立圆，幅度要大，摆掌与后插步配合一致。

Key Points: Both arms should be swinging in a vertical circle and wide motion. The arm swing and the back cross stance should be well-coordinated.



图79
Fig. 79

27. 弓步钩手推掌 Gōng Bù Gōu Shǒu Tuī Zhǎng

Bow Stance Hook and Palm Push

接上势，重心后移于左腿，右腿提膝；随即右脚后撤一步，左腿屈膝前弓，成左弓步；同时，右掌收至右腰侧，随即成立掌向前推出，力达小指一



侧；左掌向下、向后伸直摆动成钩手，钩尖向上；目视右掌。（图 80、图 81）

Following the previous movement, shift the body weight to the left leg, raise the right knee; following that, the right foot step backwards, the left knee bending and pushes forward to form left bow stance; at the same time, the right palm retracts to the right side of the waist and changes into a vertical palm and pushes forward immediately, the force exerted at the side of the little finger; the left palm moves down and changes to hook hand, then swings to the rear with the tip of the hook hand pointing up; look at the right palm. (Figure 80, Figure 81)

要点：退步和推掌协调一致，推掌发力顺肩，右腿蹬伸。

Key Points: The back step and the palm push should be well-coordinated and in unison. The palm push should exert the force through the shoulder to the palm; the right foot should be straightened.



图80
Fig. 80



图81
Fig. 81

28. 跳转身仆步切掌 Tiào Zhuǎn Shēn Pú Bù Qiè Zhǎng Jump and Turn Over, Landing in Crouching Stance with Chopping Palm

(1) 接上势，左右腿伸直，上体前俯；随即上体直立，重心移至左腿，右前脚掌着地；同时，右掌从下向上挑于头上方，掌心向里；左钩手置于身体左侧，钩尖向上；目视前方。（图 82、图 83）

(1) Following the previous movement, straighten both legs and bend the upper body downwards; following that, the upper body raises and straightens up, shift the body weight to the left leg, the right front sole steps down on the ground; at the same time, the right palm moves from the bottom and flick upwards till above the head with the palm facing inwards; the left hook hand positioned at the



left side of the body with the tip of the hook pointing up; look to the front. (Figure 82, Figure 83)

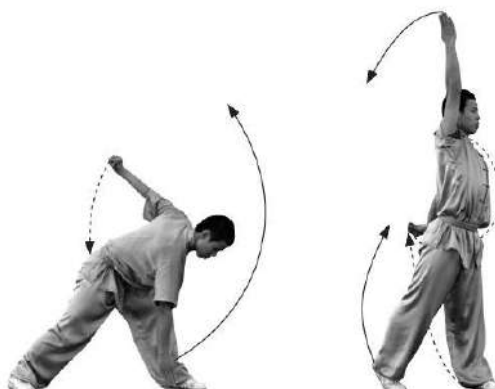


图82
Fig. 82

图83
Fig. 83

(2) 左脚蹬地跳起腾空，身体右后转 180°，右脚落地；随即右腿屈膝全蹲，左腿平铺前伸，成左仆步；同时，右掌从右向下直臂绕行，左臂屈肘后向上直臂弧形绕行至头上方；随即右臂由后向上立圆绕行一周向下切掌，掌指向前，左臂继续由上向右直臂弧形绕行，至右侧方屈肘置于右腋下屈腕，掌指向上；目视左前方。（图 84—图 86）

(2) Jump up with the left leg and turn the body 180 degrees to the right rear, lands with the right foot; following that, the right knee bends to a full squat, the left leg extended outwards to form a left crouching stance; at the same time, the right palm circles from the right downwards with the arm straightened, the left arm, after bending the elbow, extend and straighten, circles upwards till above the head; following that, the right arm swings from the back upwards in a vertical circle and chop down vertically with the fingers pointing to the front, the left arm continues to circle in an arc motion from the top to the right till positioning below the right armpit with the elbow bent and wrist flexed, and the fingers pointing up; look to the left front. (Figure 84 – Figure 86)

要点：腾空时两臂抡动要肩松、立圆，动作连贯。

Key Points: When circling the arms in the mid-air, the arms should be moving in vertical circle with the shoulder joints relaxed and the motion being continuous.



图84
Fig. 84



图85
Fig. 85



图86
Fig. 86

29. 弓步架冲拳 Gōng Bù Jià Chōng Quán

Bow Stance Upper Block and Forward Punch

(1) 接上势，身体右转；左腿伸直蹬地支撑，右腿屈膝抬起，小腿内收，右脚贴靠左腿；同时，左臂经左向上摆至右侧体前，右掌变拳由后向上弧线摆至右腰侧；目视前下方。（图 87）

(1) Following the previous movement, turn the body to the right; the left leg pushes into the ground for support, the right knee raises with the calf holding inwards, the right leg lean towards the left leg; at the same time, the left arm swings pass the left, upwards till position at the right front of the body, the right palm changes to fist, swings from the back and upwards in an arc motion and placed at the right side of the waist; look at the lower front. (Figure 87)



图87
Fig. 87

(2) 右脚向右前落步，右腿屈膝前弓，左腿伸直，成右弓步；同时，左手从体左侧上撑至头上方，掌心向上；右拳向前冲出，拳眼向上，高与肩平，力达拳面；目视前方。（图 88）

(2) The right foot drop and lands to the right front, bending the right knee and straightening the left leg to form a right bow stance; at the same time, the left hand rises from the left side of the body to above the head with the palm facing up; the right fist punches to the front at the shoulder level, with the eye of the fist pointing up, the force exerts at the face of the fist; look to the front. (Figure 88)

要点：弓腿时膝与脚背垂直，大腿保持水平，后腿扣脚蹬直，立拳前冲与弓步协调一致。

Key Points: While executing the bow stance, the right bending knee should be in vertical alignment with the face of the foot, the thigh should be in horizontal level to the ground, the hind leg should be straightened with the ankle flexed inwards. The forward punch and the bow stance should be completed in a coordinated manner and in unison.



图88
Fig. 88



30. 弓步贯拳 Gōng Bù Guàn Quán

Bow Stance Horizontal Swinging Punch

接上势，重心左移，成马步，上体微右转后向左侧倾；同时，左掌、右拳收至左右腰侧，左臂向左前伸直，右拳经前向左弧形摆至头部左前上方与左掌心相击，拳眼向下，力达拳面；目视右拳。（图 89、图 90）

Following the previous movement, shift the body weight to the left and form a horse stance, turns the upper body slightly right then leans to the left side; at the same time, the left palm and right fist both retract to the respective sides of the waist, following that, the left arm extend to the left front, the right fist moves from the front to the left in an arc motion and swings to the left upper front of the head slapping on the left palm with the eye of the fist pointing down, the force exerted on the face of the fist; look at the right fist. (Figure 89, Figure 90)

要点：弓腿时膝与脚背垂直，大腿保持水平，展体带臂，后腿扣脚蹬直。

Key Points: In the bow stance, the right bending knee should be in vertical alignment with the face of the foot below, the thigh should be in horizontal level to the ground, the hind leg should be straightened with the ankle flexed inwards. Extend the body to support the swinging of the arms.



图89
Fig. 89



图90
Fig. 90

31. 后扫腿 Hòu Sǎo Tuǐ

Back Sweep

接上势，上体右转前俯；左腿屈膝下蹲，右腿平铺，成右仆步；随即以左脚掌为轴，右脚尖内扣，脚掌擦地而后平扫一周 360°，力达踝关节外侧；同时，右拳变掌，两掌向右腿内侧地面插落，两掌推地，两臂随转体摆至体前；目视下方。（图 91）

Following the previous movement, the upper body turns right and bend down;



the left leg bend to a full squat and the right leg straightens to form a right crouching stance; following that, using the left front sole as a rotational pivot, the right leg with the toes turn inwards, sweeps to the right rear with the front sole touching the ground for a complete circle of 360 degrees, the force exerts on the external side of the ankle; at the same time, the right fist changes to palm, both palms drop to the ground near the inner side of the right leg and push off the ground, both arms position at the front of the body as the body rotates; look downwards. (Figure 91)

要点：收髋、挺膝，左脚脚跟提起全蹲旋转，右腿挺膝扫转，脚掌不离地。

Key Points: Retract the hip section and extend the knee joint. The left heel should be lifted in a full squat during the rotating movement. The right leg straightened as the body rotates and the sole should not lift off the ground.



图91
Fig. 91

32. 仆步亮掌 Pú Bù Liàng Zhǎng

Crouching Stance Flashing Palm

接上势，上体右转微前倾；左腿全蹲，右腿平铺接近地面，成右仆步；同时，左臂撑圆亮掌上举；右臂内旋后举，右手成钩，钩尖向上；目视右侧。（图 92）

Following the previous movement, the upper body turns right and lean forward slightly; the left leg fully squat and the right leg straightens to be close to the ground to form a right crouching stance; at the same time, the left arm rounded and raise up to form a flash palm; the right arm swing to the back with a hook hand with the tip of the hook pointing up; look to the right side. (Figure 92)

要点：挺胸、塌腰、右拧，亮掌、钩手配合要完整一致。



Key Points: Brace the chest, sink the waist, right twist of the body, flash palm and hook hand should be well-coordinated and completed in unison.



图92
Fig. 92



第三段 Section Three

33. 正踢腿 Zhèng Tī Tuǐ

Front Stretch Kick

(1) 接上势，重心左移；同时，右钩变掌由后经前向左摆至左膝前，掌心向里；左掌下落贴至右肘内侧；目视左下方。（图 93）

(1) Following the previous movement, shift the body weight to the left; at the same time, the right hook hand changes to palm, and swings from the back to the front, then to the left and positions in front of the left knee with the palm facing inwards; the left palm lowers and touches the inner side of the right elbow; look to lower left. (Figure 93)



图93
Fig. 93

(2) 重心上升并移至右脚，左脚上步；同时，右臂由下向后上立圆抡臂至头右上方，掌心向内；左臂由下向上立圆抡臂至身体左后侧，掌心向里；目视前方。（图 94、图 95）

(2) Raise the body upwards and shift the weight to the right leg, the left foot steps forward; at the same time, the right arm circles in a vertical circular path from the bottom backwards and up towards the upper right of the head with the palm facing inwards; the left arm circles in a vertical circular path from the bottom upwards to the left rear side of the body with the palm facing inwards; look to the front. (Figure 94, Figure 95)



图94
Fig . 94



图95
Fig . 95

(3) 上动不停，重心移至左脚，右腿伸直，脚尖勾起，向额前正踢腿，随即右脚落步并至左脚；同时，右臂向下成反臂钩手，钩尖向上；左臂向上成亮掌，掌心向前上方；目视前方。（图 96、图 97）

(3) Continue from the previous movement without stopping, shift the body weight to the left leg, the right leg straightens with the ankle flexed upwards and kick towards the forehead as a high raising stretched kick, following that, the right leg lowers and closed-up beside the left leg; at the same time, the right arm moves downwards and form a reverse hook hand with the tip of the hook pointing up; the left arm moves upwards to form a flash palm with the palm facing upwards to the front; look to the front. (Figure 96, Figure 97)

要点：左腿直立，收髋勾脚，右腿前踢至前额，力达脚尖。

Key Points: The left leg should be straightened, retracted the hip joint and flexed the ankle. The right leg should kick towards the forehead and touch it, the force should be exerted on the tip of the foot.



图96
Fig. 96



图97
Fig. 97

34. 燕势平衡 Yàn Shì Píng Héng Swallow Balance

(1) 接上势，右脚上步，随即左脚收至右脚内侧，脚尖点地后两腿屈膝半蹲；同时，两掌向内收至胸前交叉，右掌在外，左掌在内，两掌心均向外，指尖向上；目视前方。（图 98、图 99）

(1) Following the previous movement, the right foot steps forward, followed by the left foot steps to the inner side of the right foot with the toes tipping on the ground, then bend both knees to a half squat; at the same time, the two palms retract inwards to the front of the chest and crossing each other with the right hand on the outside and the left hand on the inside, both palms facing outwards with the fingers pointing up; look to the front. (Figure 98, Figure 99)



图98
Fig. 98



图99
Fig. 99



(2) 上体前俯；右腿伸直独立支撑，左腿屈膝向后抬起，再向后上方伸直，脚面绷平，脚高于头；同时，两掌向左右两侧分开，高与肩平，掌心向外，指尖斜向上；头微上仰，目视前方。（图 100）

(2) The upper body leans forward; the right leg straightens and provide independent support, the left leg raises backwards with the knee bent, and then straightens towards the upper rear with the face of the foot flattened, and the foot to be higher than the head level; at the same time, the two palms parted to the respective side of the body at the shoulder level with both palm facing outwards and fingers pointing slanting upwards; the head slightly tilted upwards, look to the front. (Figure 100)

注：燕势平衡属持久性平衡，静止时间不得少于 2 秒钟。

Note: The swallow balance is categorized as the prolong balancing stance, thus the time for maintaining the balance pose should not be less than two seconds.

要点：右腿直立，上体前倾呈水平，塌腰、收臀，力达腰背。

Key Points: The right leg should be straightened, the upper body leaned forward to a horizontal level. Sink the waist, tuck in the buttocks. Force exerted on the back of the waist.



图100
Fig. 100

35. 弓步十字拳 Gōng Bù Shí Zì Quán

Bow Stance Left Forward Punch and Right Backward Punch

(1) 接上势，左脚向前落步，身体前俯；随即左脚蹬地腾空，右腿屈膝上提，左腿垂直；同时，两臂向下、向里摆至体前交叉，两掌心向内；随即左掌向右经上向左侧立圆划弧，右掌向下、向右上划弧；目视前方。（图 101、



图 102)

(1) Following the previous movement, the left foot lands forward, lean the body forward; immediately jump with the left leg and raise the right knee, keep the left leg straighten; at the same time, both arms lower and cross in front of the body with the palm facing inwards; following that, the left palm swing in an arc motion from the right to the upper left side, the right palm swings in an arc motion from the bottom to the upper right; look to the front. (Figure 101, Figure 102)

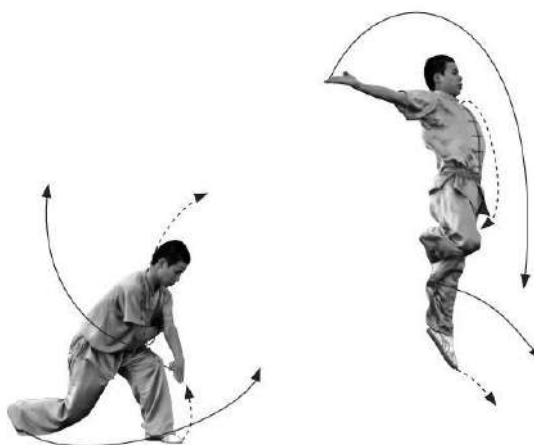


图101
Fig. 101

图102
Fig. 102

(2) 左脚先下落，随即右脚向前落步，右腿屈膝半蹲，左腿伸直，成右弓步；上体右转；同时，左掌向下经左向右划弧摆至右肩前；右掌变拳从体左侧由下向右摆至身体右侧，拳眼向上，高与肩平；目视右后方。（图 103、图 104）

(2) The left leg lands first, immediately the right leg lands in front of it with the knee bend to a half squat, the left leg straightens to form a right bow stance; the upper body turns right; at the same time, the left palm swings in an arc motion from the bottom passes the left and to the right, position it in front of the right shoulder; the right palm changes to fist swing from the left side of the body downwards to the right and positions at the right side of the body at the shoulder level, with the eye of the fist pointing up; look to the right rear. (Figure 103, Figure 104)

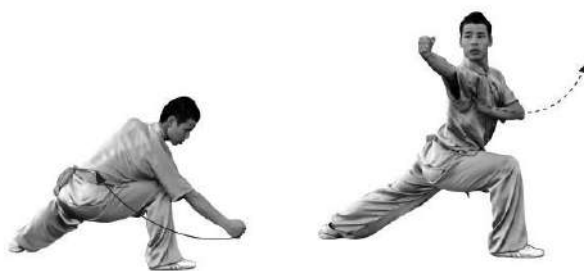


图103
Fig. 103



图104
Fig. 104

(3) 上体左转；同时，左掌变拳，随左臂由屈到伸向身体左侧冲出，拳眼向上，高与肩平，力达拳面；目视左前方。（图 105）

(3) Turn the upper body to the left; at the same time, the left palm changes to fist, following that the left arm straightening and punch to the left side at the shoulder level, with the eye of the fist pointing up, the force exerted at the face of the fist; look to the left front. (Figure 105)

要点：上肢动作幅度大舒展，先向右后摆拳，后再左冲拳；下落动作轻巧，弓步稳固，上下肢动作协调配合。

Key Points: The movements of the upper limbs should be expansive and wide in range, swing the right hand to the right rear first, then follow by the left punch. The landing should be agile and light; the bow stance should be sturdy and stable. The movements of the upper and lower limbs should be harmonized and well-coordinated.



图105
Fig. 105

36. 弓步左冲拳 Gōng Bù Zuǒ Chōng Quán

Bow Stance Left Forward Punch

(1) 接上势，右弓步不变；右拳变掌，由右向上经头顶按于左肩内侧，手



指向上；目视左侧。（图 106）

(1) Following the previous movement, the right bow stance remains intact; the right fist changes to palm, and moves from the right upwards, passes the top of the head and presses down to the inner side of the left shoulder, with the fingers pointing up; look to the left side. (Figure 106)



图106
Fig. 106

(2) 右掌经左前臂上方向前、向下弧形按转一周；同时，左拳后收再向前冲击，高与肩平，拳眼向上，力达拳面；右掌附于左肘内侧；目视左侧。（图 107）

(2) The right palm moves above the left arm to the front and then presses downwards in a complete circular motion; at the same time, the left fist retracts and punches again to the front at the shoulder level, with the eye of the fist pointing up and the force exerted on the face of the fist; the right palm positions on the inner side of the left elbow; look to the left side. (Figure 107)

要点：弓腿时膝与脚背垂直，大腿保持水平，后腿扣脚蹬直，左拳右掌协调一致。

Key Points: In the bow stance, the right bending knee should be in vertical alignment with the face of the foot below, the thigh should be in horizontal level as the ground, the hind leg should be straightened with the ankle flexed inwards. The movements of the left fist and the right palm should be well-coordinated.



图107
Fig. 107

37. 提膝挑掌 Tí Xī Tiāo Zhǎng

Knee Raise Palm Flick

接上势，重心右移，上体右转；左拳变掌由左向上至右，掌心向里，右掌变拳回收于右腰侧；随即身体左转，重心左移；左腿直立，右腿屈膝上提；同时，左掌由右向下立圆抡臂摆至左腰侧；右拳变掌前伸，由下向左划弧上挑，力达小指一侧；目视右前方。（图 108—图 110）

Following the previous movement, shift the body weight to the right and turn the upper body right; the left fist changes to palm, swings upwards from the left follow by downwards to the right with the palm facing inwards, the right palm changes to fist and retracts to sight side of the waist; following that, the body turns left and shift the body weight to the left; the left leg straightens and raise the right knee; at the same time, the left palm circles in a vertical circular motion from the right downwards and positions at the left side of the waist; the right fist changes to palm and extends forward, lifting from the bottom to the left as a flick palm, the force exerted on the side of the little finger; look to right front. (Figure 108 – Figure 110)

要点：转身提膝快速敏捷，支撑稳定；收左拳、挑右掌协调一致。

Key Points: The turning of the body and knee raise should be swift and agile; the supporting leg should be stable. The movements of retracting the left fist and right flicking palm should be well-coordinated and in unison.



图108
Fig. 108



图109
Fig. 109



图110
Fig. 110

38. 弧形步 Hú Xíng Bù Curved Gliding Steps

(1) 接上势，上肢动作不变；右脚向右前落地外摆，右腿屈膝前弓，左腿自然伸直；随即左脚向前上步内扣，重心前移，右脚跟提起，两腿微屈；目视右前方。（图 111、图 112）

(1) Following the previous movement, the upper limbs posture remains intact; the right foot lands to the right front with the toes turning outwards, the right knee pushes forward, the left leg straighten naturally; following that, the left foot step steps forward with the toes turns inwards and shifting the body weight forward, the right heel lift off the ground. Both legs slightly bent; look to the right front. (Figure 111, Figure 112)



图111
Fig. 111



图112
Fig. 112

(2) 上肢动作不变；右脚、左脚继续向右前弧形上步，右脚尖外摆，左脚脚尖内扣；身体随上步右转；目视右掌前方。（图 113、图 114）

(2) The upper limbs posture remains intact, the right foot and the left foot continue to move to the right in an arc path, with the right toes turning outwards and the left toes turning inwards; the body, following the steps, turns to the right; look to front of the right palm. (Figure 113, Figure 114)

要点：右腿屈膝前弓，左腿屈膝上步，重心前移平稳，向右前弧形步连绵不断，步行身随。

Key Points: The right knee should be bending forward, the left knee should be bending while stepping forward, the body core should be stable and level during the moving of the steps. The curved-path steps should be continuously in motion and the body shifts as the steps move.



图113
Fig. 113



图114
Fig. 114

39. 扣腿双摆掌 Kòu Tuǐ Shuāng Bǎi Zhǎng

Rear Cross-legged Balance Double Swinging Palm

接上势，右脚前抬回落至身体右后方，左腿屈膝提起；左脚扣于右膝腘窝处，右腿屈蹲支撑；同时，左拳变掌由后下、向前上弧形上挑；随即两掌



由左侧向上、向右弧形摆举，右臂伸直，左臂屈至右肩前，手指均向上，摆掌力达小指一侧；目视右手。（图 115、图 116）

Following the previous movement, the right foot raises to the front and lands on the rear right of the body, raise the left knee; the left leg locks against the back socket of the right knee, while the right leg half squat to balance; at the same time, the left fist changes to palm swing from the bottom to the front in an arc motion to an uplifting palm; following that the both palms swing from the left side upwards, to the right, in an arc motion, with the right arm straightens, the left arm bent and positions in front of the right shoulder. The fingers of both hands pointing up. The force exerted on the side of the little finger; look to the right hand. (Figure 115, Figure 116)

要点：右腿屈膝半蹲接近水平，左腿脚尖勾起紧扣于右膝腘窝处；上体直立，右肘关节微屈。

Key Points: The right knee should bend to nearly a horizontal level; the left ankle should lock securely against the back socket of the right knee; keep the upper body upright; the right elbow slightly bent.



图115
Fig. 115



图116
Fig. 116

40. 击步劈打 Jī Bù Pī Dǎ

Slapping Step Hammer Strike

(1) 接上势，左脚向左侧踏出一步，上肢动作不变，两腿弯曲；随即右脚蹬地腾空击碰左脚，右脚、左脚依次落地，两腿弯曲，成马步；目视右侧方。（图 117—图 119）

(1) Following the previous movement, the left foot take a step to the left side, the upper limb posture remains unchanged, both knees bent; following that, the right leg jump up and hit the left leg in the mid-air, then the right foot and the left



foot lands respectively with both knees bend to a horse stance; look to the right side. (Figure 117 – Figure 119)



图117
Fig. 117



图118
Fig. 118



图119
Fig. 119

(2) 身体左转，重心左移；左脚蹬地腾空垫步，随即右脚上步；同时，左掌经胸前向左上横抹，右手由后经上弧形向前下抡劈；随即左手由前向下弧形抓握，两臂交叉于左腹前；目视两掌。（图 120—图 122）

(2) The body turns left, shift the body weight to the left; the left leg jump to perform a skip step, following that, the right foot steps forward; at the same time, the left palm swipe horizontally from the front of the chest to the left, the right hand swing from the back upwards in an arc motion and chop down to the front; following that, the left hand moves in an arc motion from the front and grasp downwards. Both arms crossed at the left front of the abdomen; look at the two palms. (Figure 120 – Figure 122)

要点：抡劈掌由上向下呈立圆，肩松、步活，动作开合舒展。

Key Points: The wheeling chop should be moving in a vertical circle from the top downwards, with the shoulders relaxed. The footwork should be agile; the entire movement should be expansive with the graceful extending and contracting movements.



图120
Fig. 120



图121
Fig. 121



图122
Fig. 122

41. 弓步靠掌 Gōng Bù Kào Zhǎng

Bow Stance Leaning Palm

接上势，左腿蹬伸转髋伸直，左脚内扣，右腿屈膝前弓，成右弓步；身体右转；同时，右臂伸直，由下经左弧形向右上靠挑，掌心向上，力达右臂外侧；左手左下举，臂成斜形，掌心向下，掌指斜向右前；目视右手。（图123）

Following the previous movement, the left leg straightens with turning the hip and turning the toes inwards, the right knee pushed forward to form a right bow stance; the body turns right; at the same time, the right arm straightens, by passing the left, swings from the bottom to the upper right to perform a leaning strike, with the palm facing up, and the force exerted on the side of the right arm; the left hand lowers to the left, forming a diagonal line, with the palm facing down and the fingers pointing slanting to the right front; look at the right hand. (Figure 123)

要点：劲力顺达，转髋带臂，上下肢配合协调一致。

Key Points: The exertion of the force should be smooth. Turn the hip to initiate the arm swing. The movements of the upper and lower limbs should be well-coordinated and in unison.



图123
Fig. 123

42. 弓步双钩手 Gōng Bù Shuāng Gōu Shǒu

Bow Stance Double Hook

接上势，身体左转，重心左移；左腿屈膝前弓，成左弓步，上体微前倾；同时，右臂随转体由右经上向下、向后反臂钩手，左手经下向后反臂后撑成钩手；目视前方。（图 124）

Following the previous movement, turn the body and shift the body weight to the left; bend the left knee and pushes forward to form a left bow stance, the upper body lean forward slightly; at the same time, the right arm, following the body turn, swings from the upper right, through the bottom to the rear and rotates to a reverse hook hand, the left hand swings downwards and lifts to the rear to form a hook hand; look to the front. (Figure 124)

要点：转身以髋为轴，两臂后举，钩尖向上，挺胸立腰。

Key Points: The body turn should make use of the hip section as the rotational axis; both arms lift to the back with the tip of the hook pointing up; brace the chest and straighten the back.



图124
Fig. 124



43. 垫步蹬腿 Diàn Bù Dēng Tuǐ

Skiping Step Heel Kick

右腿屈膝提起，随即右脚跟向前蹬伸，脚尖向上；左脚向前跳进一步，左腿微屈；同时，右钩变拳，由后经下向上直臂摆挑至头右上方；左钩变掌，直臂向前推击，手指向上，力达小指一侧；目视前方。（图 125）

Bend the right knee and lift up, following that, the right leg straightens and perform a heel kick to the front with the toes pointing up; the left foot skip forward one step with the knee slightly bent; at the same time, the right hook hand changes to fist, the right arm straightens and swings from the back downwards and then uplifts to the upper right of the head; the left hook hand changes to palm and straightens the arm to strike forward with the fingers pointing up, the force exert on the side of the little finger; look to the front. (Figure125)

要点：垫步快速，右腿蹬至水平，收髋立身，上下配合协调完整。

Key Points: The skipping step should be swift, the right heel kick reaches a horizontal level, retract the hip and keep the body upright, the upper and lower movements of the limbs should be harmonized, well-coordinated and in unison.



图125
Fig. 125

44. 弓步劈拳 Gōng Bù Pī Quán

Bow Stance Hammer Punch

接上势，右脚向前落地，右腿屈膝前弓，成右弓步；同时，右拳由上向前下劈打，直臂，高与肩平，拳眼向上；左手托至右前臂；目视前方。（图 126）

Following the previous movement, the right foot lands to the front and



bending the knee to form a right bow stance; at the same time, the right fist from the top hammers down to the front at the shoulder level, with the arm straight and the eye of the fist pointing up; the left hand lifts to support the right fore arm; look to the front. (Figure 126)

要点：劈拳、托掌协调用力，完整一致。

Key Points: The movements of the hammer fist and the lifting palm should coordinate the use of strength in a harmonious way and in unison.



图126
Fig. 126

45. 马步托打 Mǎ Bù Tuō Dǎ

Horse Stance Palm Lift and Punch

(1) 接上势，左脚蹬地，重心前移，左脚贴扣至右膝腘窝处；身体微右转；同时，左掌心向上，向体前平托；右拳收于右腰侧，拳心向上；目视左手。

(图 127)

(1) Following the previous movement, the left foot pushes the ground and shift the body weight forward, the left foot moves to lock against the back socket of the right knee; turn the body slightly to the right; at the same time, the left palm facing up, lift to the front horizontally; the right fist retract to the right side of the waist with the heart of the fist facing up; look to the left hand. (Figure 127)



图127
Fig. 127

(2) 左脚向左侧落地，两腿屈膝半蹲，成马步；同时，右拳前冲，直臂，高与肩平，拳眼向上；左掌由前向上收至右肩内侧，掌指向上；目视前方。
(图 128)

(2) The left foot lands to the left side, bending both knees to form a horse stance; at the same time, the right fist punches forward at shoulder level, with the eye of the fist pointing up; the left palm moves upwards and retracts to the inner side of the right shoulder, with the fingers pointing up; look to the front. (Figure 128)

要点：上托掌要敏捷，眼随手动，冲拳快速，落步协调。

Key Points: The movement of the lifting palm should be agile; the direction of vision follows the hand movements. The forward punch should be quick. The landing step should be well-coordinated with the other movements.



图128
Fig. 128

46. 插步抓肩 Chā Bù Zhuā Jiān

Back Cross Step Shoulder Grab

接上势，右脚蹬地，重心左移，右脚沿左腿后向左插步，前脚掌着地，



脚跟提起，两腿交叉弯曲；身体左转；同时，左掌变钩，反臂后举，钩尖向上；右手由前向上、向左抓握左肩；目视左侧。（图 129）

Following the previous movement, the right foot pushes the ground and shift the body weight to the left, the right leg then moves pass the back of the left foot and steps to the left to form a left cross stance with the front sole stepping on the ground and the heel lifted, both knees crossed and bend; at the same time, the left palm changes to hook hand and lifts backwards to form a reverse hook hand with the tip of the hook pointing up; the right hand moves from the front upwards to the left, and grasp on the left shoulder top; look to the left side. (figure 129)

要点：上体直立，抓握有力，步法轻灵敏捷。

Key Points: Keep the body upright; the grasping hand should be forceful; the footwork should be light, agile and swift.



图129
Fig. 129

47. 马步架打 Mǎ Bù Jià Dǎ

Horse Stance Upper Block and Strike

(1) 接上势，重心右移，身体右转；左脚向左横迈一步，右腿屈膝前弓，成右弓步；同时，左钩手变拳，由后下经体前向右上弧形格肘，拳心向内；右掌变拳收回至右腰侧；目视左拳。（图 130）

(1) Following the previous movement, shift the body weight to the right and turn the body to the right; the left foot steps one step to the left side, the right knee bend and pushes forward to form a right bow stance; at the same time, the left hook hand changes to fist, and moves from the lower rear passing the front of the body in an arc motion and perform an elbow block to the upper right side, with the heart of the fist facing inwards; the right palm changes to fist retracts to the



right side of the waist; look to the left fist. (Figure 130)



图130
Fig. 130

(2) 右脚蹬地，身体左转，左腿屈膝前弓，成左弓步；同时，右拳向左冲出，直臂，高与肩平，拳眼向上，拳心向左；左拳收回左腰侧，拳心向上；目视右拳。（图 131）

(2) The right foot pushes the ground, the body turns left, the left knee bend and pushes forward to form a left bow stance; at the same time, the right fist straightened and punches to the left side at shoulder level, with the eye of the fist pointing up and the heart of the fist facing left; the left fist retracts to the left side of the waist with the heart of the fist facing up; look to the right fist. (Figure 131)



图131
Fig. 131

(3) 左脚蹬地，重心右移，身体右转，成马步；同时，右臂向上横架，拳眼斜向下；左拳向左侧冲击，直臂，高与肩平，拳眼向上；目视左侧。（图 132）

(3) The left foot pushes the ground and shift the body weight to the right, the body turns right and form a horse stance; at the same time, the right arm rises to block upwards with the eye of the fist pointing slanting down; the left fist straightened and punches to the left side at the shoulder level, with the eye of the



fist pointing up; look to the left side. (Figure 132)

要点：动作连贯不停顿，转换快速协调，力点准确顺达。

Key Points: The entire set of movements should be continuous without pausing; the turning movements should be swift and well-coordinated; the force exertion should be accurate and smooth.



图132
Fig. 132



第四段 Section Four

48. 提膝架掌 Tí Xī Jià Zhǎng

Knee Raise Upper Palm Block

接上势，重心右移；右腿直立，左腿屈膝提起；同时，左右拳变掌由上下落于右腰侧，上体微右转；随即上体左转，随提膝右掌向右上方推出，右臂撑圆，掌心向上；左掌向左推出，高与肩平，掌心向左，力达小指一侧；目视左侧方。（图 133、图 134）

Following the previous movement, shift the body weight to the right; the right leg straightens and the left knee bend and lifted up; at the same time, both fists change to palms and lower to the right side of the waist, the upper body turns slightly to the right; immediately the body turns left, following the knee raise, the right palm pushes up at the right side with the arm rounded and the palm facing up; the left palm pushes to the left side at the shoulder level with the palm facing left, the force exerts at the side of the little finger; look to the left side. (Figure 133, Figure 134)

要点：立身转腰，左腿提膝时小腿内扣，气息下沉，独立支撑稳固。

Key Points: The straightening of the body and the body turn should be well-coordinated; in the left knee raise, the calf should be retracted inwards; the breadth should sink, and the single balancing support should be stable and steady.



图133
Fig. 133



图134
Fig. 134



49. 提膝冲拳 Tí Xī Chōng Quán

Knee Raise and Punch

(1) 接上势，左脚向左前方落步，脚尖外展；随即右脚向前上步；上体左转；同时，右掌变拳收至右腰侧；目视左掌。（图 135）

(1) Following the previous movement, the left foot landed to the left front with the toes turning outwards, following that, the right foot steps forward; the upper body turns left; at the same time, the right fist changes to palm and retracts to the right side of the waist; look at the left palm. (Figure 135)



图135
Fig. 135

(2) 身体左转；右腿直立，左腿屈膝提起；同时，右拳向右冲出，拳心向下，高与肩平；左掌收于右肩前成立掌；目视右拳。（图 136）

(2) The body turns left; the right leg straightens, bend the left knee and lifts upwards; at the same time, the right fist punches to the right at the shoulder level with the heart of the fist facing down; the left palm retracts to the front of the right shoulder as a vertical palm; look to the right fist. (Figure 136)

要点：左腿提膝过腰，上体正直，冲拳顺达，力达拳面。

Key Points: The left knee raise should be higher than the waist level; keep the body upright; the punch should be smooth and forceful, and the force exerts on the face of the fist.



图136
Fig. 136

50. 旋子 Xuàn Zi

Butterfly Kick

(1) 接上势，身体左转 90°；左脚向左落步，脚尖微外展；两臂向两侧平摆，两掌心均向下；随即右脚向左前方上步，脚尖内扣，身体继续左转 180°；两臂随转体继续平摆；目视前方。（图 137、图 138）

(1) Following the previous movement, the body turns 90 degrees to the left; the left foot lands to the left side with the toes pointing outwards; the two arms swing out horizontally to the respective sides with the palm facing down; following that, the right foot steps to the left front with the toes pointing inwards, the body continues to turn 180 degrees to the left; both arms continue to swing as the body turns; look to the front. (Figure 137 Figure 138)



图137
Fig. 137



图138
Fig. 138

(2) 身体左转 90°；左脚向右后方撤步，前脚掌着地，重心移至右腿屈膝；随即上体向左后拧转前俯，左脚蹬地腾空，右脚向后上摆起，左腿随之摆起；两臂随腾空向左后平摆；头上仰，目视前方。（图 139、图 140）



(2) The body continue to turn 90 degrees to the left; the left foot steps behind the right foot with only the front sole touching the ground, shift the body weight to the right leg, bend the right knee; following that, the upper body twist and turns to the rear left and bend downwards, the left leg jumps upwards, the right leg swings upward at the back of the body, then follow by the left leg; both arms swings horizontally from left to right following the jumping movement; raise the head, look to the front. (Figure 139, Figure 140)

要点：起跳转身提髋，空中腿伸直展体，塌腰仰头。

Key Points: The launching jump and the body turn should lift the hip section. In mid-air, the legs should be straightened, the body extended, sink the back, and raise the head.



图139
Fig. 139



图140
Fig. 140

51. 坐盘 Zuò Pán

Cross Legged Sitting

(1) 接上势，右脚先下落，左脚随后落于右腿后方；两臂随之下落。（图141）

(1) Following the previous movement, the right foot lands first, follow by the left foot landing behind the right foot; both arms following that lower downwards. (Figure 141)



图141
Fig. 141

(2) 身体向左后转 360°；两腿交叉叠拢下坐，臀部和右腿的大小腿外侧及脚面均着地；同时，两臂随转体向左平摆至右胸前，两掌十字交叉，右掌在外，掌尖均向上；头向左转，目视左方。（图 142）

(2) The body turns 360 degrees to the rear left; both legs crossed and sit down on each other, the buttock, the outer sides of the right thigh and calf, and the face of the right foot are touching the ground; at the same time, the two arms, following the body turn, swings left horizontally to the front of the right chest, crossing each other with the right palm on the outside, the fingers of both palms are pointing upwards; turn the head to the left, look to the left side. (Figure 142)

要点：左腿屈膝，在右腿上方横盘贴近胸部，身体前倾向左拧转、塌腰。

Key Points: The left knee should be bending and crossing sideward above the right leg and touches against the chest; the body should lean forward and twist to the left; sink the back.



图142
Fig. 142



52. 外摆腿击响 Wài Bǎi Tuǐ Jī Xiǎng

Outward Crescent Slap Kick

(1) 接上势，重心上升，左右脚并步，身体直立；同时，右掌下摆至腹前在外，掌心向里；左掌摆至右腋下；目视右下方。（图 143）

(1) Following the previous movement, rise upwards and straighten the body, both feet close in together; at the same time, the right palm moves down to the abdomen with the palm facing inwards; the left palm moves under the right armpit; look to the lower right. (Figure 143)

(2) 右脚向右前方上步，重心前移；同时，左掌向左撩出，高与肩平，掌心向外；右掌经前下向左上立圆撩至右侧，高与肩平，掌心向外；目视左掌。（图 144）

(2) The right foot steps to the front right and shift the body weight forward; at the same time, the left palm swings to the left side to the shoulder level with the palm facing outwards; the right palm swings up in a vertical circle from the lower front to the left and then to the right side, at the shoulder level with the palm facing outwards; look to the left palm. (Figure 144)



图143
Fig. 143



图144
Fig. 144

(3) 左脚向前上步，重心前移，右脚前脚掌着地，同时，上体左转；右掌向下、向上挑至左肩前，两掌心向外；随即左腿伸直，右脚面绷平，向左、向上、向右摆动至面前时，左右手依次击拍脚面；目视右脚。（图 145、图 146）

(3) The left foot steps forward and shift the body weight forward, with only



the right front sole touching the ground, at the same time, the body turns left; the right palm swings down and lifts upwards to the front of the left shoulder; both palms are facing outwards; following that, the left leg straightens with the face of the foot flattened, swings upwards to the left and then to the right, the left and right hand slaps on the face of the foot sequentially as the foot passes the front of the face; look to the right foot. (Figure 145, Figure 146)



图145
Fig. 145



图146
Fig. 146

(4) 右脚下落，与左脚并步；同时，两掌分别落于左右侧，高与肩平，两掌心均向外；目视左侧。（图 147）

(4) The right foot lands and closes in with the left foot; at the same time, both palms parted and lower to the respective sides of the body at the shoulder level, with the palms facing outwards; look to the left side. (Figure 147)

要点：左腿直立，全脚着地；收腹展体，外摆腿击响过肩，击拍准确。

Key Points: The left leg should be straightened and fully stepped onto the ground; tuck the abdomen and extend the body; the slap of the lotus kick should be higher than the shoulder and the slap must be precise.



图147
Fig. 147

53. 打虎势 Dǎ Hǔ Shì

Tiger Taming Form

接上势，两脚外分，右腿屈膝前弓，左腿伸直，成右弓步；同时，右臂向下、向上内旋屈肘上撑，拳心斜向上；左臂内旋向下屈肘下撑，拳心向下；目视左前方。（图 148）

Following the previous movement, both feet separate outwards, the right knee bends and pushes forward, the left leg straightens to form a right bow stance; at the same time, the right arm moves down and rotates inwards with elbow bent lifting upwards, with the heart of the fist facing upwards slanting; the left arm rotates inwards, with elbow bent, moves down and presses downwards, with the heart of the fist facing down; look to the left front. (Figure 148)

要点：挺胸立身转腰，两臂撑圆，力达前臂外侧。

Key Points: Brace the chest, body upright and turn the waist; both arms should be rounded and the force exerted should be at the external sides of the forearm.



图148
Fig. 148



54. 弓步顶肘 Gōng Bù Dǐng Zhǒu

Bow Stance Elbow Jab

(1) 接上势，左脚蹬地，重心右移，右脚震地下踏，左腿屈膝后贴至右膝腘窝处；身体右转；同时，两拳变掌，右臂向右下摆至体右侧，臂伸直，掌心向上；左掌上挑至右胸前，掌心向下；目视右掌。（图 149）

(1) Following the previous movement, the left foot pushes the ground and shift the body weight to the left, the right foot stamps on the ground, the left knee bends and moves to lock against the back socket of the right knee; turn the body to the right; at the same time, both fists changes to palms, the right arm straightens and swings downwards to the right side of the body, with the heart of the palm facing up; the left palm lifts up to the front of the right chest with the palm facing down; look to the right palm. (Figure 149)



图149
Fig. 149

(2) 左脚向左侧落步，身体左转，左腿屈膝前弓，右腿伸直，成左弓步；同时，左掌变拳，右臂屈肘，右掌心贴于左拳面，助推左肘尖向左侧顶出；目视前方。（图 150）

(2) The left foot steps to the left, the body turns left, the left knee pushes forward and right leg straightens to form a left bow stance; at the same time, the left palm changes to fist, the right elbow bends, the right palm touches against the face of the left fist, the right arm help to push the left elbow to jab towards the left side; look to the front. (Figure 150)

要点：弓腿时膝与脚背垂直，大腿保持水平，后腿扣脚蹬直，松腰转髋，力达肘尖。



Key Points: In the bow stance, the right bending knee should be in vertical alignment with the face of the foot below, the thigh should be in horizontal level to the ground, the hind leg should be straightened with the ankle flexed inwards. During the process of elbow jab, the waist should be relaxed, twist the hip section, the force exerts on the tip of the left elbow.



图150
Fig. 150

55. 抡臂砸拳 Lūn Bì Zǎ Quán

Arm Circling Smashing Fist

(1) 接上势，重心上升，身体右转；右腿支撑，左脚向右收回，前脚掌着地；同时，右臂屈肘下落至右腰侧；左拳变掌，随即左臂前伸下落，经体前立圆摆至右臂上方；目视左掌。（图 151）

(1) Following the previous movement, rise the body and turn to the right; the right leg provides the support and the left leg retract to the right with the front sole touching the ground; at the same time, the right arm, bending the elbow, lowers to the right side of the waist; the left fist changes to palm, extends immediately and swings from the bottom in a vertical circle, passes the front of the body and positions above the right arm; look to the left palm. (Figure 151)



图151
Fig. 151

(2) 身体左转；左脚跟内转落实，重心移至左腿，右腿屈膝上提；同时，左臂向上、向左立圆摆至左侧，与肩同高，掌指向上；右臂经腹前向右、向上立圆摆至头部右上方成拳，拳面向上；目视前方。（图 152）

(2) Turn the body to the left; the left heel turns inwards and steps down onto the ground, shifts the body weight to the left leg, bend and lift up the right knee; at the same time, the left arm swings in a vertical circle, upwards to the left side at the shoulder level with the palm fingers pointing up; the right arm swings pass the front of the abdomen to the right and upwards to the upper right above the head, with the face of the fist facing up; look to the front. (Figure 152)



图152
Fig. 152

(3) 左右脚蹬地下落震踏，两腿屈膝半蹲；同时，左臂摆至腹前，掌心向上；右臂屈肘，右拳背向下砸击左掌心；目视右拳。（图 153）



(3) The left and right foot push off the ground and stamp down with both knees bending to a half squat; at the same time, the left arm moves to the front of the abdomen with the palm facing up; the right arm, bending the elbow, lowers down with the back of the fist facing down, and smashes on the left palm; look to the right fist. (Figure 153)

要点：收腹立身，右拳五指卷紧，拳面要平，砸拳完整准确。

Key Points: Tuck the abdomen and keep the body upright; hold the right fist with the five fingers tightly curled in and the face of the fist should be flat; the smashing fist should be complete and accurate.



图153
Fig. 153

56. 虚步挑掌 Xū Bù Tiāo Zhǎng

Empty Stance Palm Flick

(1) 接上势，重心上升，身体右转；右脚向右斜后方退步，随即左脚并至右脚；同时，右拳变掌上摆至头上方，掌心向上；左掌收至左腰后侧；目视前方。（图 154）

(1) Following the previous movement, raise up and turn the body to the right; the right foot steps backwards diagonally to the right, immediately the left foot close in with the right foot; at the same time, the right fist changes to palm and rises above the head with the palm facing up; the left palm retract to the left side of the back; look to the front. (Figure 154)



图154
Fig. 154

(2) 右腿屈膝半蹲，左脚向左前方上步，脚尖着地，成左虚步；同时，右掌变钩手，下摆至右后上方，钩尖向下；左掌由下向上划弧挑至左膝上方，掌指向上，力达小指一侧；目视前方。（图 155）

(2) The right knee bends to a half squat, the left foot steps to the front left with the toes tip-toeing on the ground to form a left empty stance; at the same time, the right palm changes to hook hand, swings down to the rear upper side with the tip of the hook pointing down; the left palm swings from the bottom and flick upwards above the left knee, with the fingers pointing up, the force exerts on the side of the little finger; look to the front. (Figure 155)

要点：立身挺胸塌腰，右腿屈膝下蹲松胯，左腿微内旋。

Key Points: Keep the body upright, brace the chest and sink the back; the right knee bending to the half squat should maintain a relaxed hip joint, the left leg rotates slightly inwards.



图155
Fig. 155



57. 转身云手 Zhuǎn Shēn Yún Shǒu

Turn Body Horizontal Palm Circling

(1) 接上势，左脚撤步至右腿后侧，前脚掌着地；同时，左掌由下向上、右掌由上向下弧形合至腹前，两手腕交叉，右掌在上，掌心向下，左掌在下，掌心向上；目视两掌。（图 156）

(1) Following the previous movement, the left foot retracts to the back of the right foot, with the front sole stepping on the ground; at the same time, the left palm moves upwards from the bottom, the right palm moves downwards from the top, both in an arc motion to the front of the abdomen, and crossing both wrists with the right palm on top of the left palm, the right palm facing down and the left palm facing up; look at the both palms. (Figure 156)



图156
Fig. 156

(2) 以左前脚掌为轴支撑拧转，身体左后转 180°，右脚随即贴扣至左膝腘窝处；同时，以腕关节为轴，两掌向左上方绞一腕花；目随视两掌。（图 157）

(2) Using the front sole of the left foot as the support and rotational axis, rotates the body 180 degrees to the rear left, the right foot immediately moves to lock against the socket at the back of the left knee; at the same time, using the wrist as the rotational axis, the two palms rotate in a horizontal circle at the upper left side; the vision follows the movements of the two palms. (Figure 157)



图157
Fig. 157

(3) 右脚向右侧落步，两腿屈膝，成马步；同时，两手腕交叉下落于腹前，左掌在上，掌心向下，右掌在下，掌心向上；目视两掌。（图 158）

(3) The right foot lands to the right side, bending both knees to form a horse stance; at the same time, the two wrists crossed and lowers to the front of the abdomen, with the left palm on top of the right palm, the left palm facing down and the right palm facing up; look at the two palms. (Figure 158)

要点：眼随手动，身随步活，转换柔顺。

Key Points: The vision follows the movements of the hands; the body shifts as the steps moves; the turning of the wrists should be gentle and smooth.



图158
Fig. 158

58. 并步摆拳 Bìng Bù Bǎi Quán

Closed Step Horizontal Swinging Fist

接上势，左脚蹬地，身体右转，左脚向右脚迅速并拢，身体微左转；同时，左掌变拳，与右掌横撑至身体左右两侧，与肩同高；目视左前方。（图 159）

Following the previous movement, the left foot pushes the ground and the body turns to the right, the left foot quickly closes in to the right foot, with the



body turning slightly to the left; at the same time, the left palm changes to fist, and with the right palm, extend horizontally together to the respective sides of the body at the shoulder level; look to the left front. (Figure 159)

要点：左脚向右脚并拢迅速，左右臂呈弧线向外格挡，两臂外撑。

Key Points: The left foot closes in with the right foot should be swift; both arms should move in an arc motion while extending to the sides to execute the outer block; both arms should extend outwards with pushing motion.



图159
Fig. 159

59. 收势 Shōu Shì

Ending Position

接上势，左脚向左前方上步，右脚并至左脚；同时，两臂自然下落至身体两侧；目视前方。（图 160）

Following the previous movement, the left foot take a step to the left front, the right foot moves to close in with the left foot; at the same time, both arms lowers and placed naturally to the respective sides of the body; look to the front. (Figure 160)

要点：挺胸收腹，自然调息。

Key Points: Brace the chest, tuck in the abdomen; regulate the breath naturally.

长拳套路动作图解
Movements Illustrations of Changquan Routine



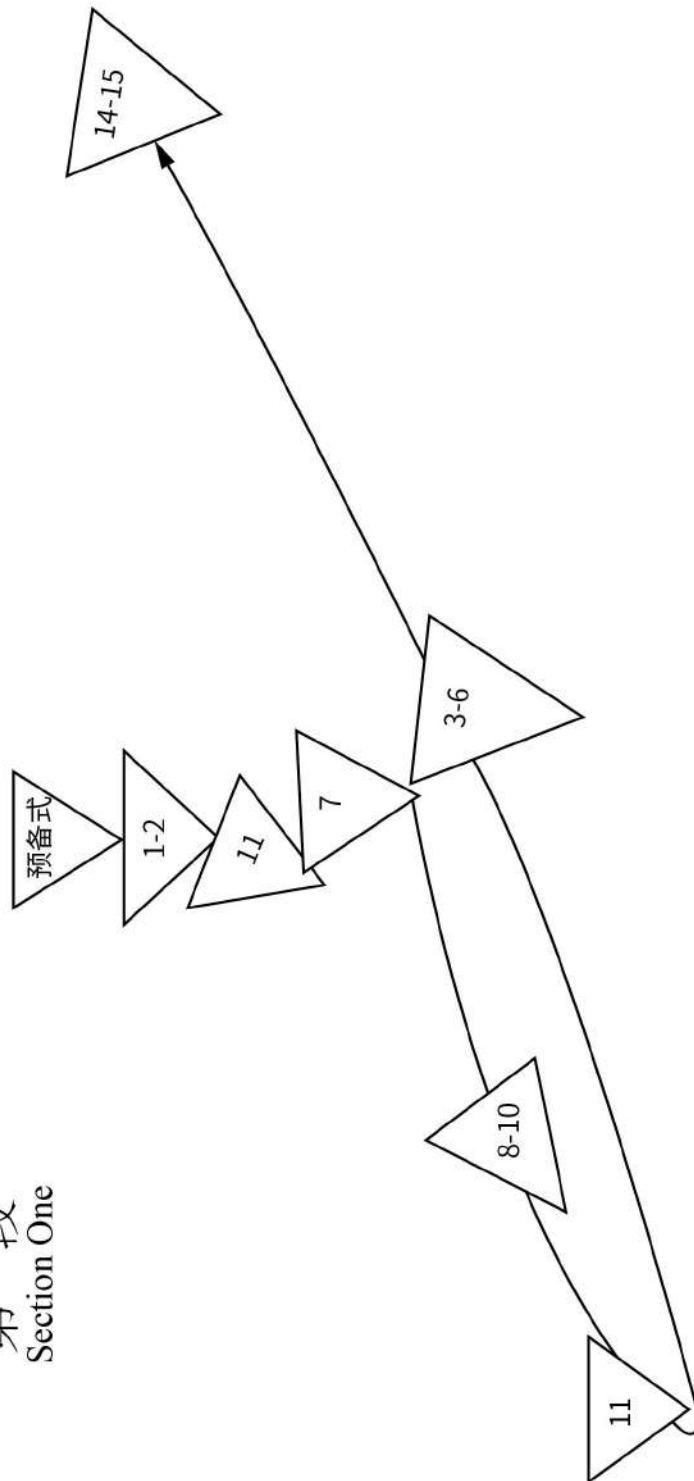
图160
Fig. 160



四、长拳套路动作运行路线示意图

Schematic of Movement Routes of Changquan Routine

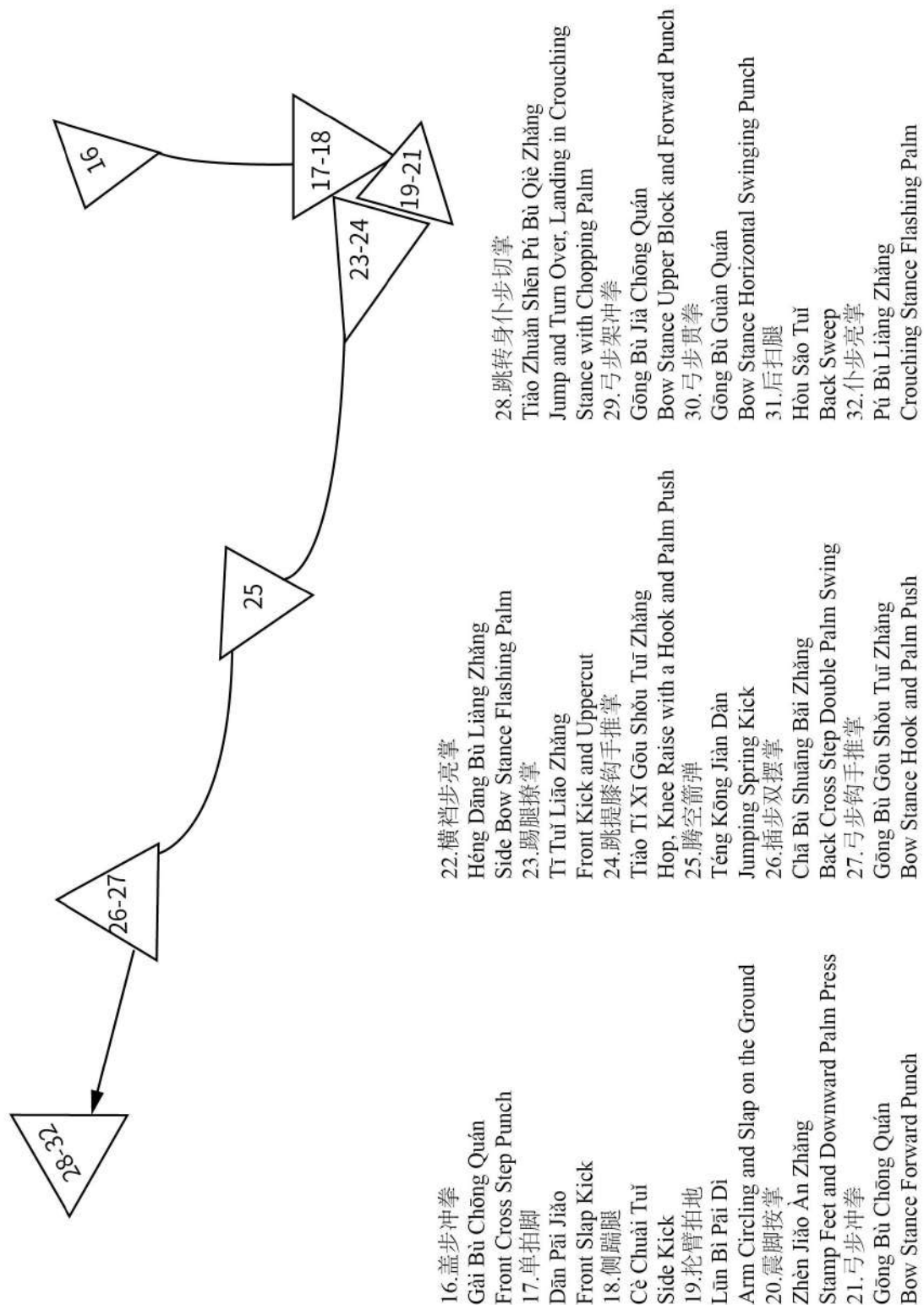
第一段 Section One



- | | | |
|--|--|---|
| 1. 虚步亮掌
Xū Bù Liàng Zhǎng
Flashing Palm in Empty Stance | 6. 歇步挑掌
Xiē Bù Tiāo Zhǎng
Crossed-legged Crouching Stance Palm Flick | 11. 提膝跳冲拳
Tí Xī Tiào Chōng Quán
Knee Raise and Punch with a Hop |
| 2. 上步对拳
Shàng Bù Duì Quán
Advance Step Inner Facing Fist | 7. 并步冲拳
Bìng Bù Chōng Quán
Closed Step Forward Punch | 12. 腾空飞脚
Téng Kōng Fēi Jiǎo
Jumping Front Slap Kick |
| 3. 弓步撩推掌
Gōng Bù Liāo Tuī Zhǎng
Uppereut Forward Palm Push with Bow Stance | 8. 腾空摆莲360°
Téng Kōng Bǎi Lián 360°
Jumping Lotus Kick 360° | 13. 侧空翻
Cè Kōng Fān
Aerial Cartwheel |
| 4. 弹腿击掌
Tán Tuǐ Jī Zhǎng
Spring Kick Palm Strike | 9. 并步拍地
Bìng Bù Pāi Dì
Closed Step Slapping the Ground | 14. 旋风脚360°
Xuàn Fēng Jiǎo 360°
Tornado Kick 360° |
| 5. 后点步冲拳
Hòu Diǎn Bù Chōng Quán
Rear Pointing Step Forward Punch | 10. 单拍脚
Dān Pāi Jiǎo
Front Slap Kick | 15. 跌竖叉
Diē Shù Chā
Falling Front Split |

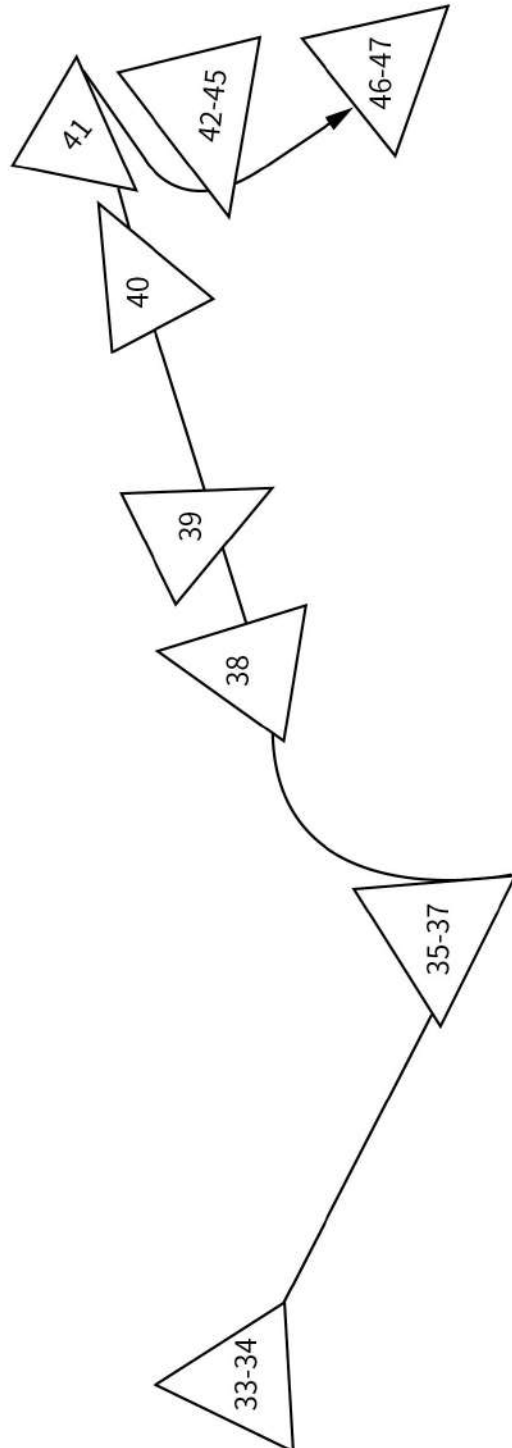


第二段 Section Two





第三段 Section Three



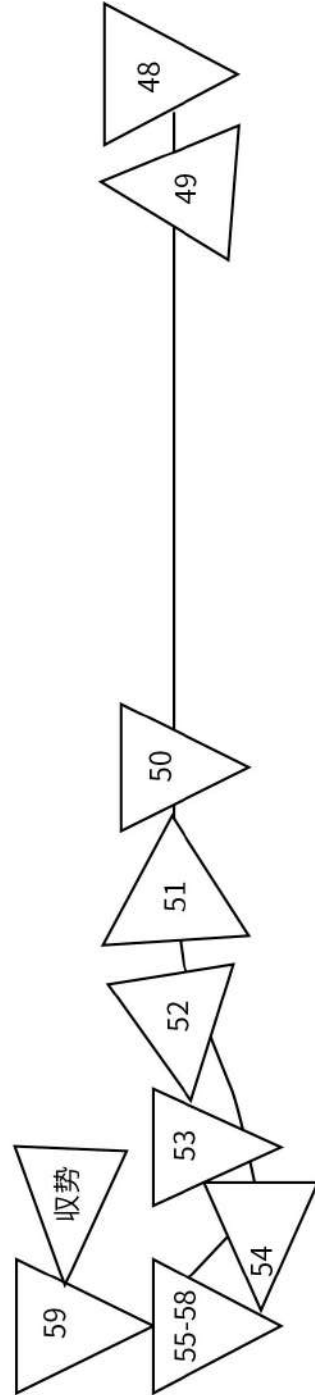
33. 正踢腿
Zhèng Tī Tuǐ
Front Stretch Kick
34. 燕势平衡
Yàn Shì Píng Héng
Swallow Balance
35. 弓步十字拳
Gōng Bù Shí Zì Quán
Bow Stance Left Forward Punch and Right Backward Punch
36. 弓步左冲拳
Gōng Bù Zuǒ Chōng Quán
Bow Stance Left Forward Punch
37. 提膝挑掌
Tí Xī Tiāo Zhǎng
Knee Raise Palm Flick

38. 弧形步
Hú Xíng Bù
Curved Gliding Steps
39. 扣腿双摆掌
Kòu Tuǐ Shuāng Bǎi Zhǎng
Rear Cross-legged Balance Double Swinging Palm
40. 击步劈打
Jī Bù Pī Dǎ
Slapping Step Hammer Strike
41. 弓步靠掌
Gōng Bù Kào Zhǎng
Bow Stance Leaning Palm
42. 弓步双钩手
Gōng Bù Shuāng Gōu Shǒu
Bow Stance Double Hook

43. 垫步蹬腿
Diàn Bù Dēng Tuǐ
Skipping Step Heel Kick
44. 弓步劈拳
Gōng Bù Pī Quán
Bow Stance Hammer Punch
45. 马步托打
Mǎ Bù Tuō Dǎ
Horse Stance Palm Lift and Punch
46. 插步抓肩
Chā Bù Zhuā Jiān
Back Cross Step Shoulder Grab
47. 马步架打
Mǎ Bù Jià Dǎ
Horse Stance Upper Block and Strike



第四段 Section Four



48. 提膝架掌
Tí Xī Jià Zhǎng
Knee Raise Upper Palm Block
49. 提膝冲拳
Tí Xī Chōng Quán
Knee Raise and Punch
50. 旋子
Xuàn Zǐ
Butterfly Kick
51. 坐盘
Zuò Pán
Cross Legged Sitting

52. 外摆腿击响
Wài Bǎi Tuǐ Jī Xiǎng
Outward Crescent Slap Kick
53. 打虎势
Dǎ Hǔ Shì
Taming Tiger Form
54. 弓步顶肘
Gōng Bù Dǐng Zhǒu
Bow Stance Elbow Jab
55. 抡臂砸拳
Lūn Bì Zà Quán
Arm Circling Smashing Fist

56. 虚步挑掌
Xū Bù Tiāo Zhǎng
Empty Stance Palm Flick
57. 转身云手
Zhuǎn Shēn Yún Shǒu
Turn Body Horizontal Palm Circling
58. 并步摆拳
Bìng Bù Bǎi Quán
Closed Step Horizontal Swinging Fist
59. 收势
Shōu Shì
Ending Position

五、长拳套路动作连续演示图

Continuous Demonstration Diagram of Movements for Changquan Routines



图1
Fig. 1

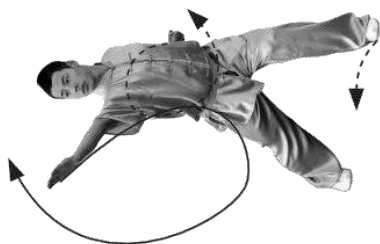


图2
Fig. 2

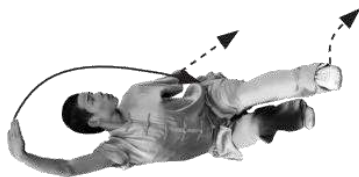


图3
Fig. 3

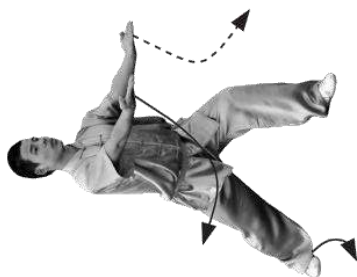


图4
Fig. 4

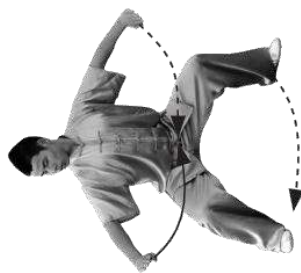


图5
Fig. 5



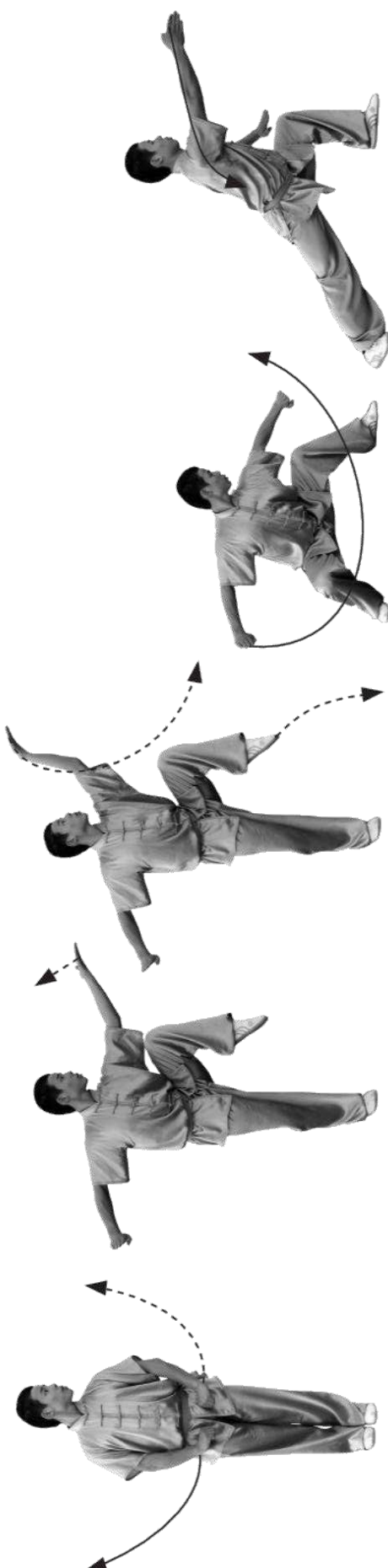


图6
Fig. 6

图7
Fig. 7

图8
Fig. 8

图9
Fig. 9

图10
Fig. 10



图11
Fig. 11



图12
Fig. 12



图13
Fig. 13



图14
Fig. 14



图15
Fig. 15

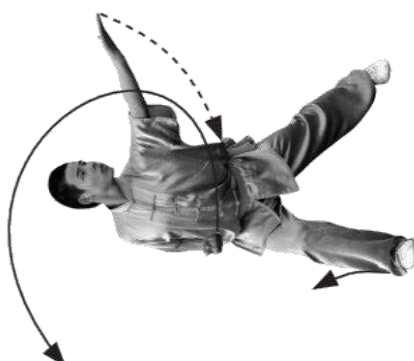


图16
Fig. 16

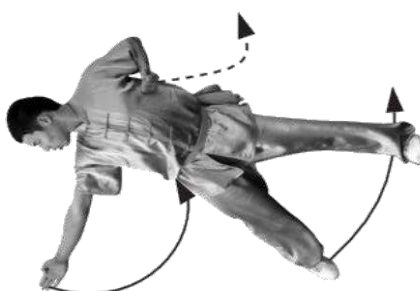


图17
Fig. 17



图18
Fig. 18

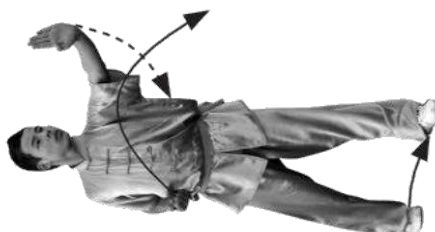


图19
Fig. 19



图20
Fig. 20

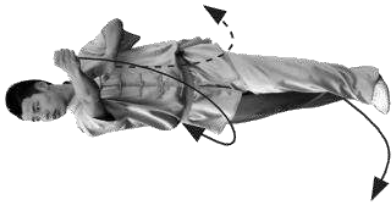


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Fig. 21

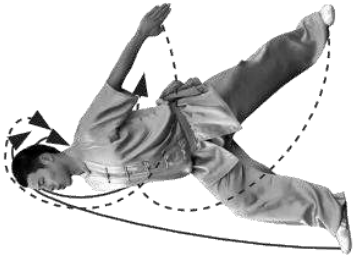


图22
Fig. 22

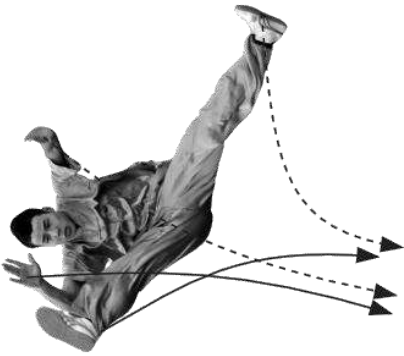


图23
Fig. 23

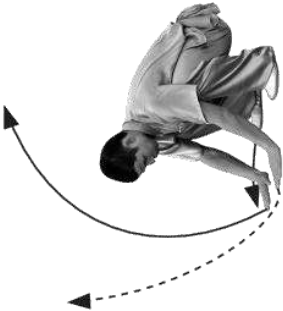


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Fig. 24

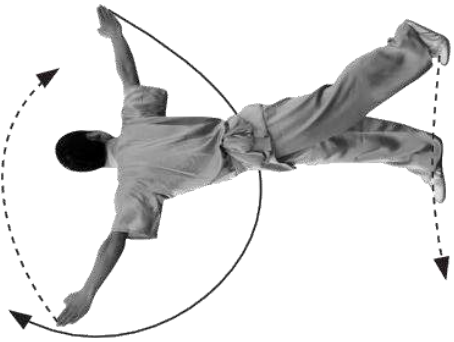


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Fig. 25

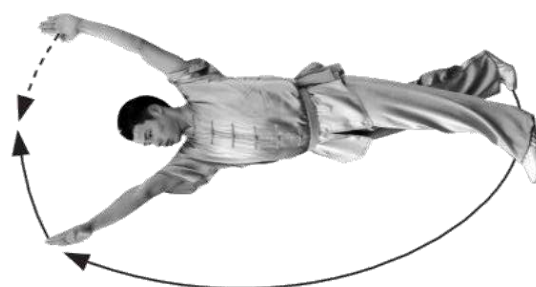


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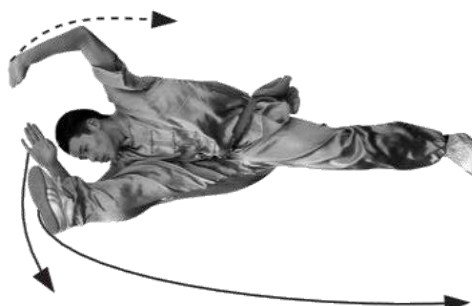


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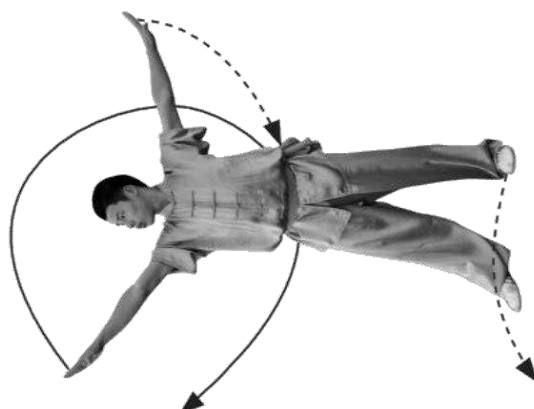


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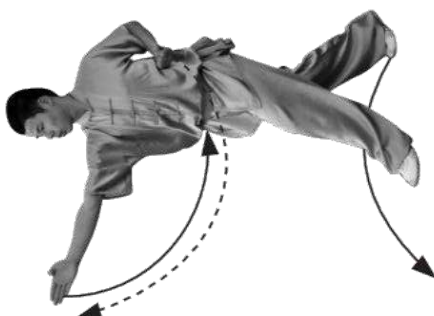


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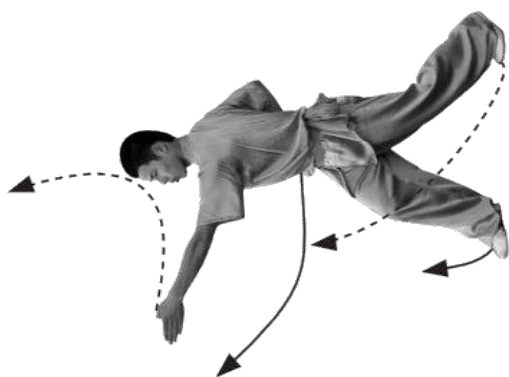


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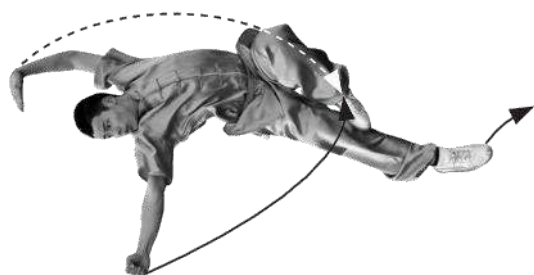


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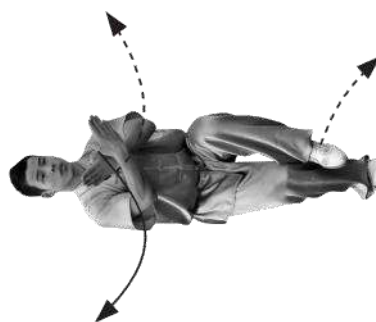


图32
Fig. 32



图33
Fig. 33

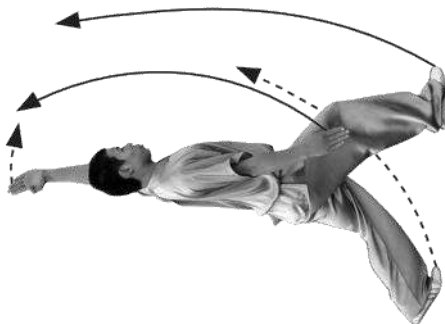


图34
Fig. 34



图35
Fig. 35

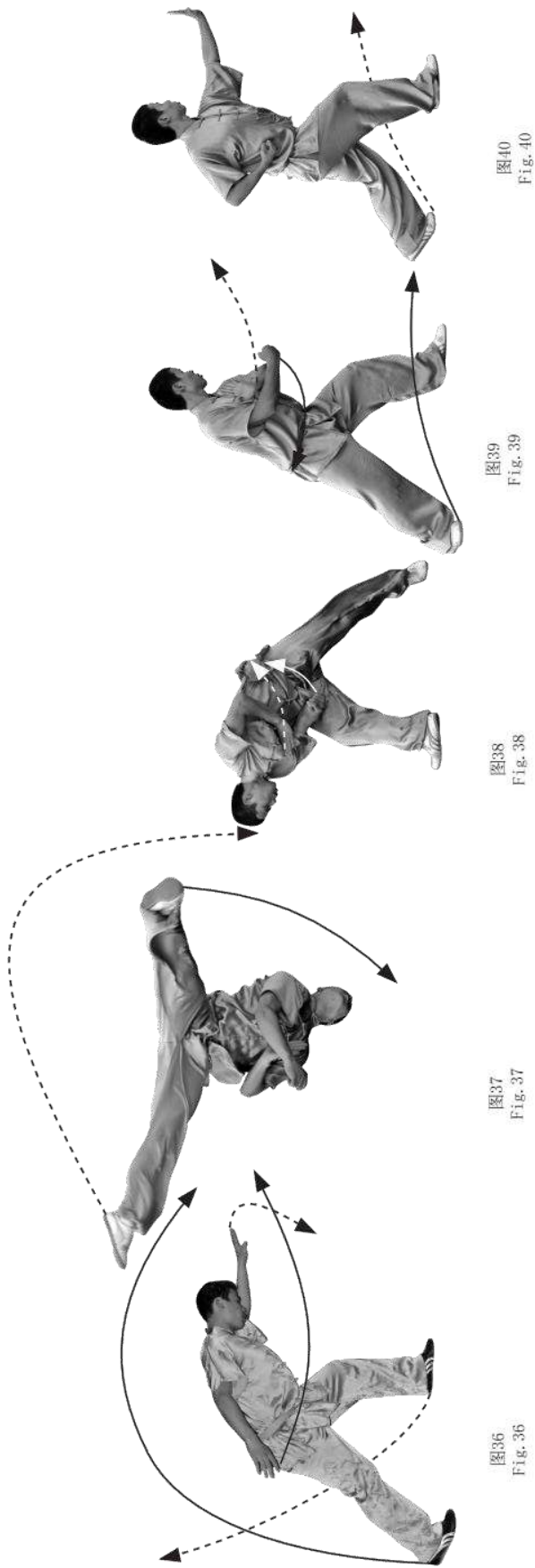




图45
Fig. 45



图44
Fig. 44



图43
Fig. 43

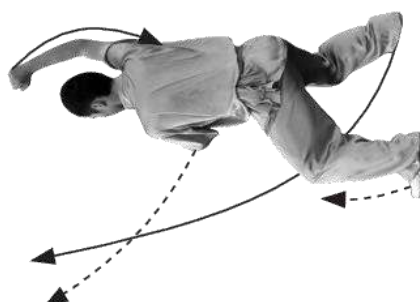


图42
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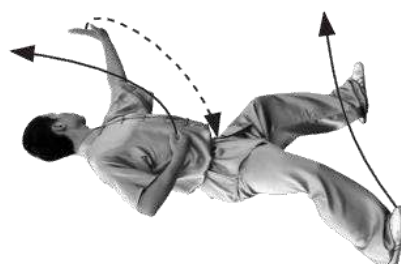


图41
Fig. 41



图50
Fig. 50



图49
Fig. 49



图48
Fig. 48

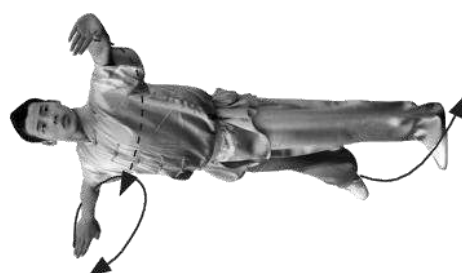


图47
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图46
Fig. 46

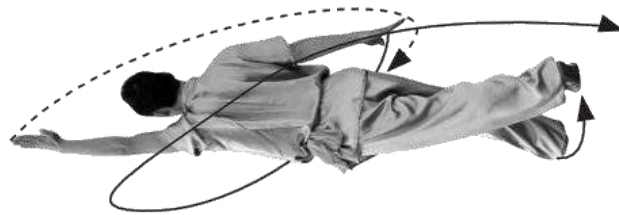


图55
Fig. 55

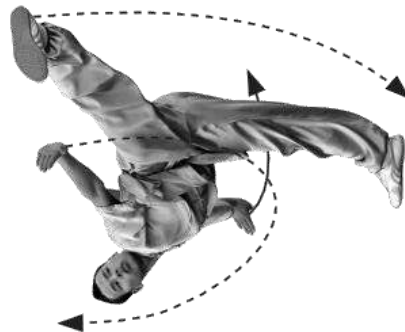


图54
Fig. 54

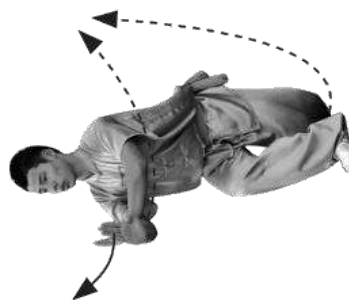


图53
Fig. 53



图52
Fig. 52



图51
Fig. 51



图60
Fig. 60



图59
Fig. 59



图58
Fig. 58

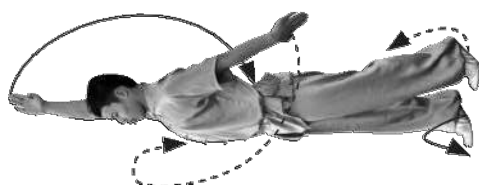


图57
Fig. 57



图56
Fig. 56



图65
Fig. 65



图64
Fig. 64



图63
Fig. 63

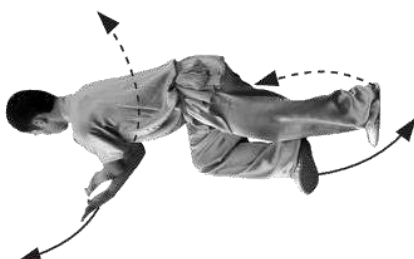


图62
Fig. 62



图61
Fig. 61



图70
Fig. 70



图69
Fig. 69

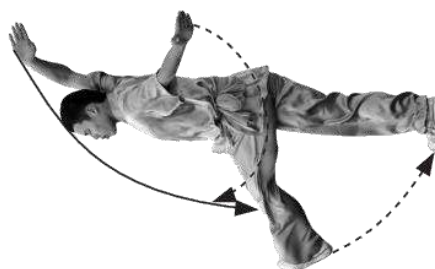


图68
Fig. 68



图67
Fig. 67



图66
Fig. 66

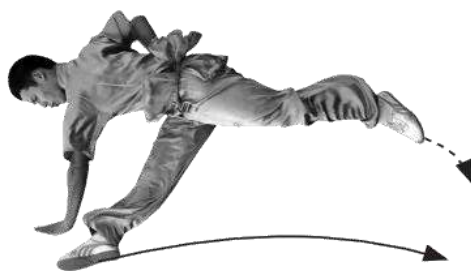


图75
Fig. 75



图74
Fig. 74

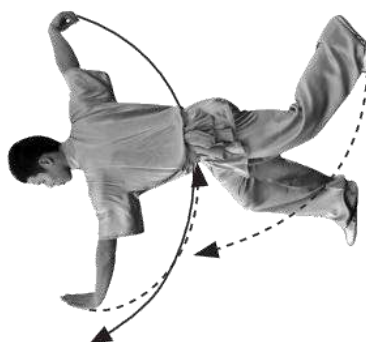


图73
Fig. 73



图72
Fig. 72

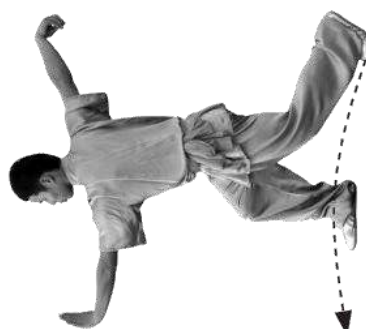


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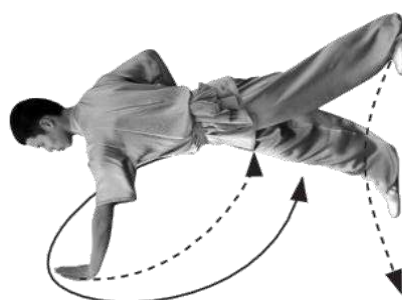


图76
Fig. 76



图77
Fig. 77

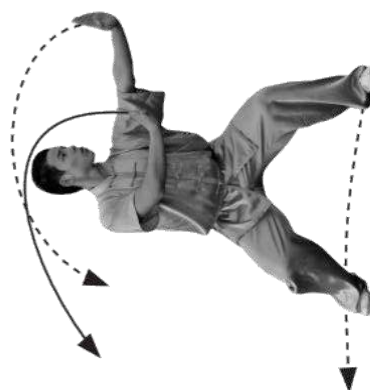


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Fig. 78

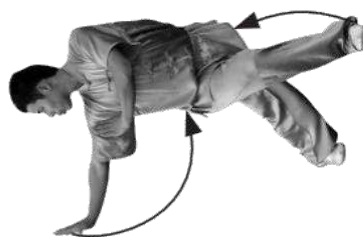


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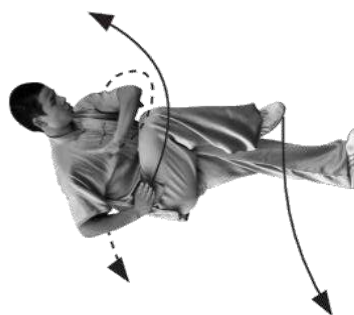


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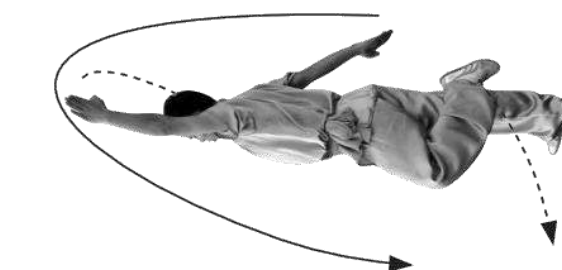


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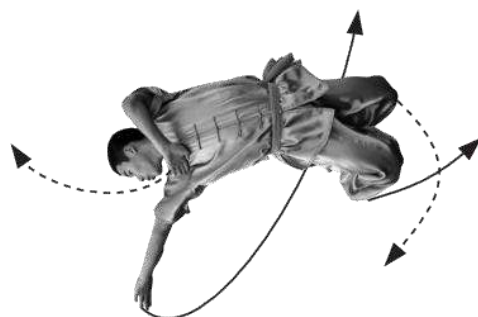


图84
Fig. 84



图83
Fig. 83

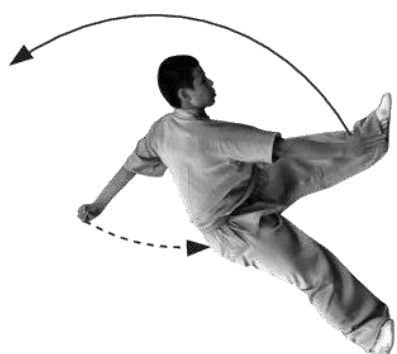


图82
Fig. 82



图81
Fig. 81

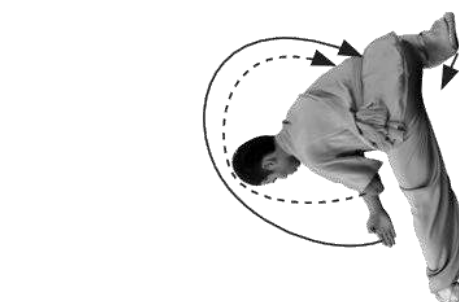


图86
Fig. 86



图87
Fig. 87



图88
Fig. 88

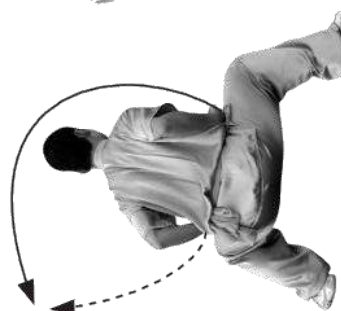


图89
Fig. 89



图90
Fig. 90

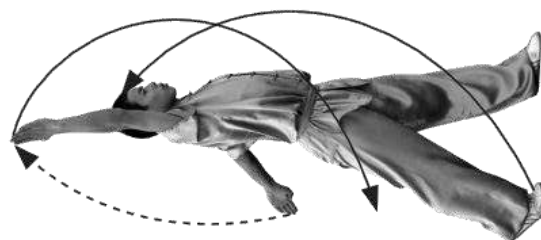


图95
Fig. 95

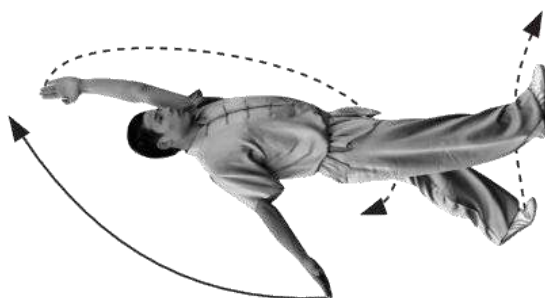


图94
Fig. 94



图93
Fig. 93



图92
Fig. 92

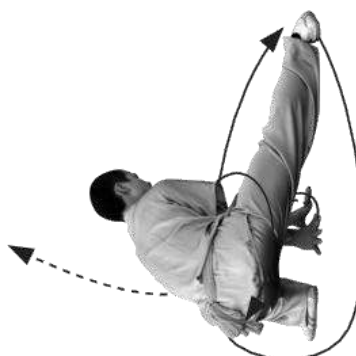


图91
Fig. 91

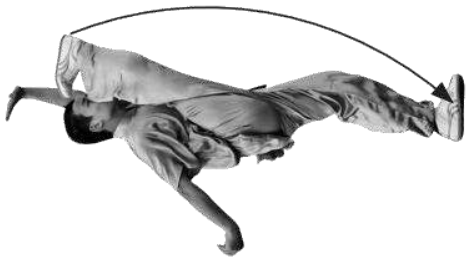


图96
Fig. 96



图97
Fig. 97

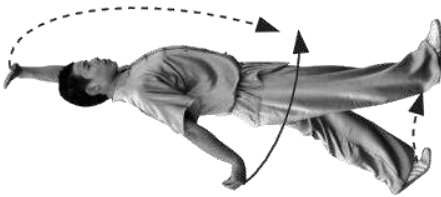


图98
Fig. 98

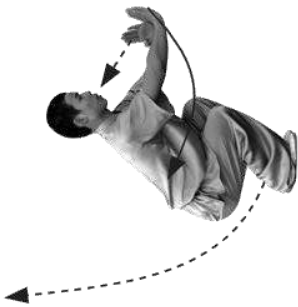


图99
Fig. 99



图100
Fig. 100



图101
Fig. 101

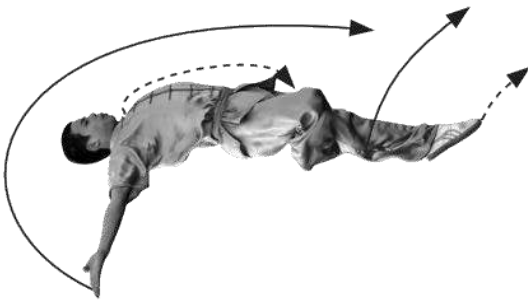


图102
Fig. 102



图103
Fig. 103



图104
Fig. 104



图105
Fig. 105



图110
Fig. 110



图109
Fig. 109



图108
Fig. 108



图107
Fig. 107



图106
Fig. 106



图111
Fig. 111



图112
Fig. 112



图113
Fig. 113



图114
Fig. 114

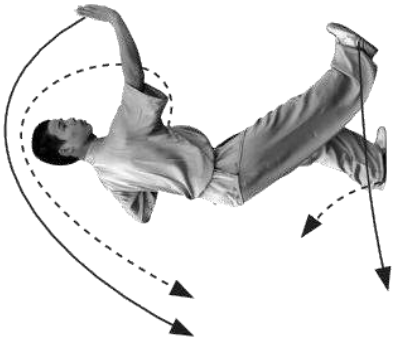


图115
Fig. 115



图120
Fig. 120



图119
Fig. 119



图118
Fig. 118



图117
Fig. 117



图116
Fig. 116

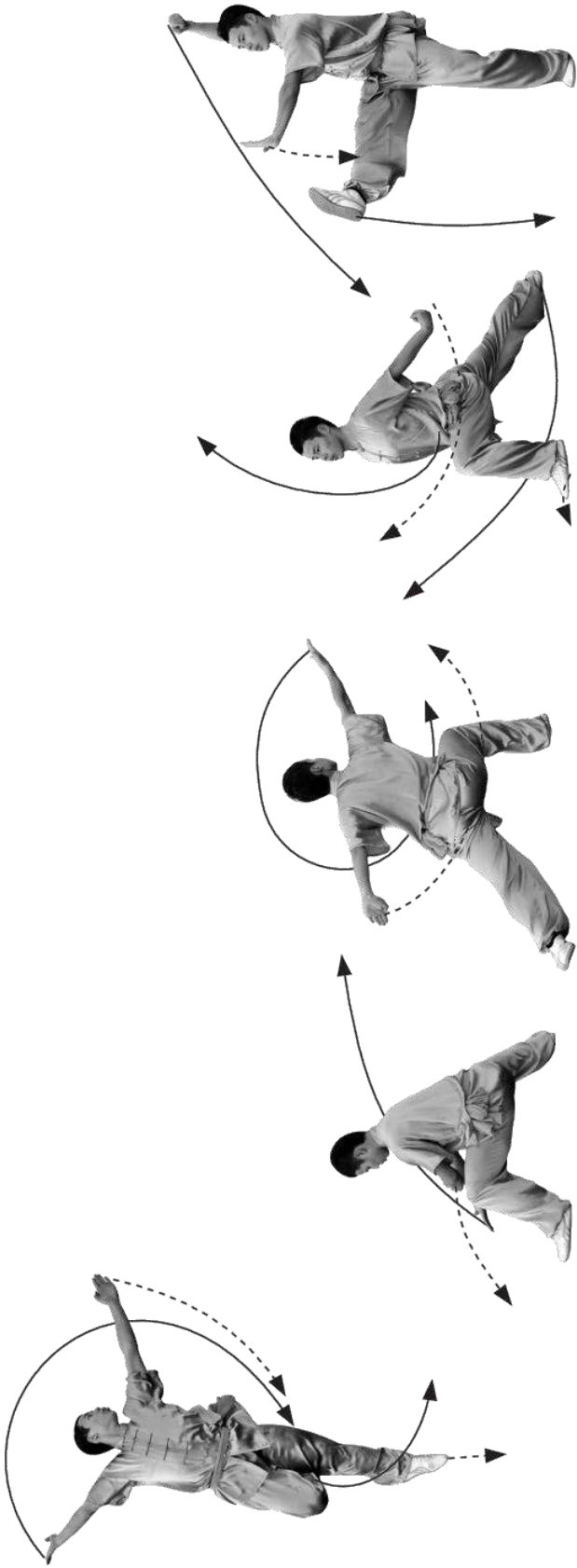


图125
Fig. 125

图124
Fig. 124

图123
Fig. 123

图122
Fig. 122

图121
Fig. 121

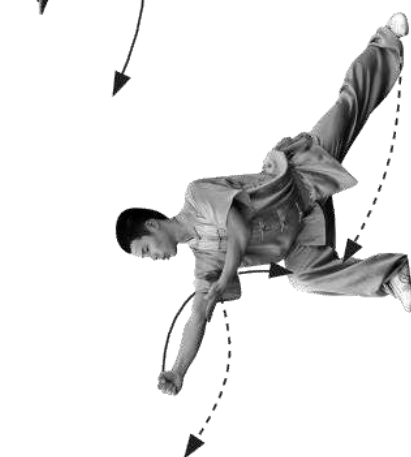


图126
Fig. 126



图127
Fig. 127



图128
Fig. 128

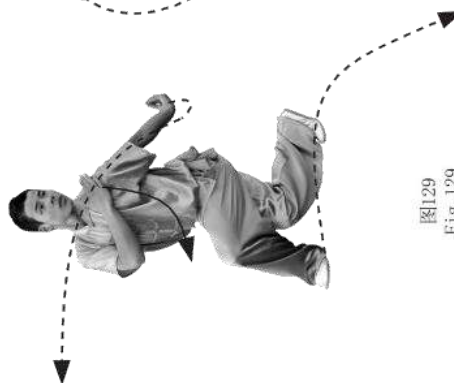


图129
Fig. 129

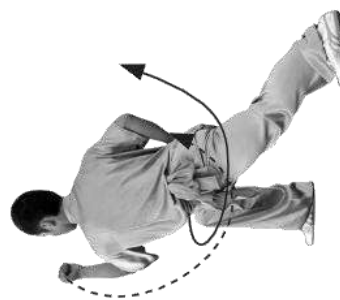


图130
Fig. 130

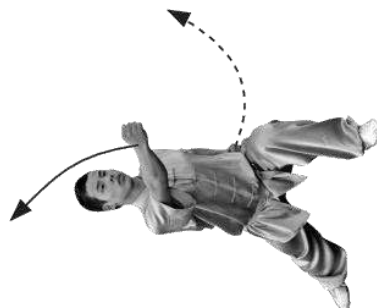


图131
Fig. 131



图132
Fig. 132

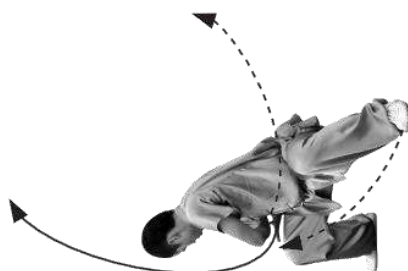


图133
Fig. 133

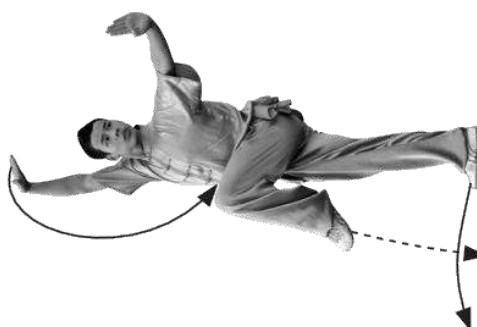


图134
Fig. 134



图135
Fig. 135

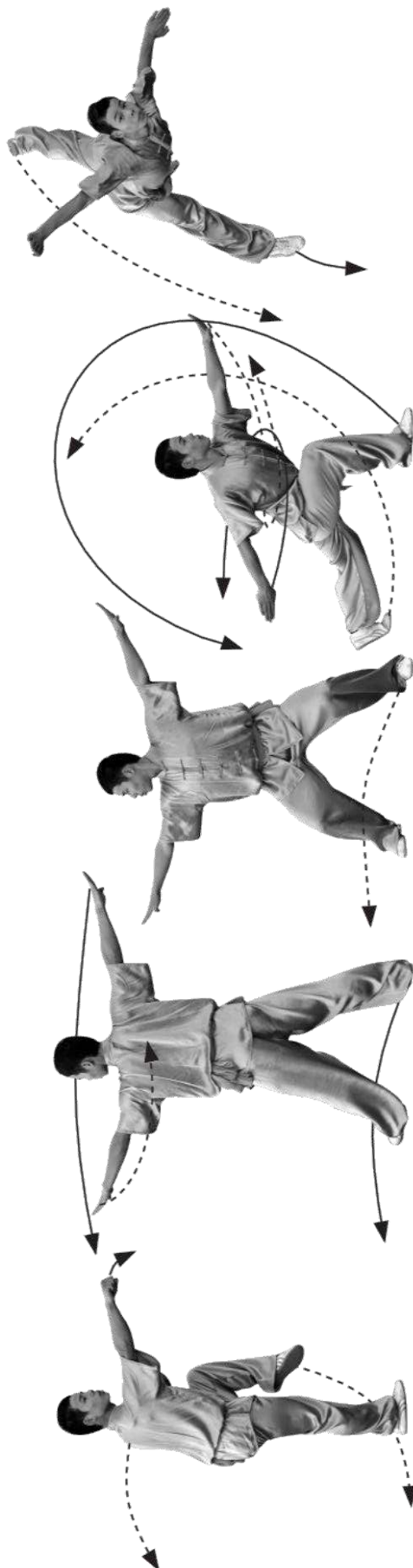


图140
Fig. 140

图139
Fig. 139

图138
Fig. 138

图137
Fig. 137

图136
Fig. 136

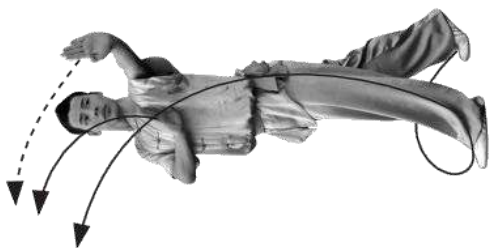


图145
Fig. 145

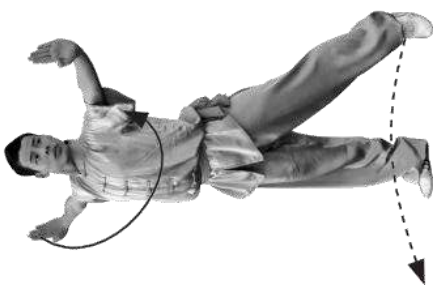


图144
Fig. 144

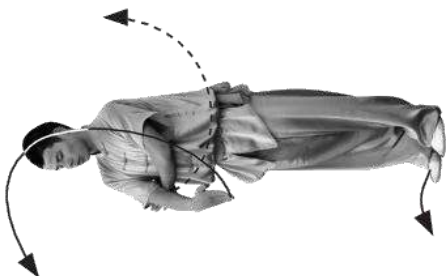


图143
Fig. 143



图142
Fig. 142

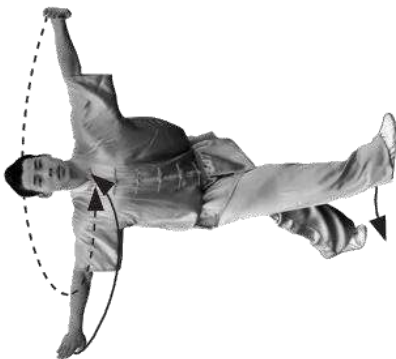


图141
Fig. 141

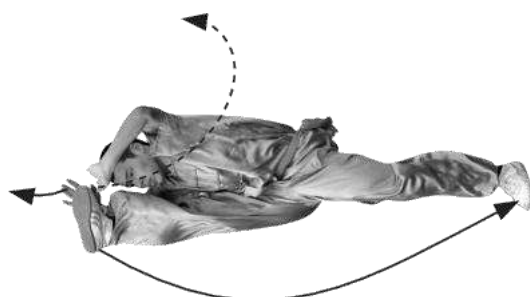


图146
Fig. 146

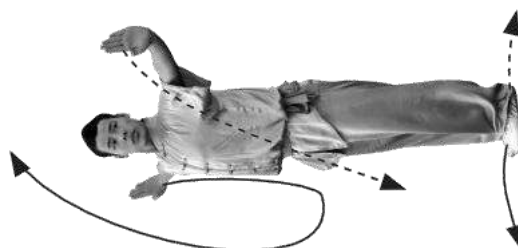


图147
Fig. 147

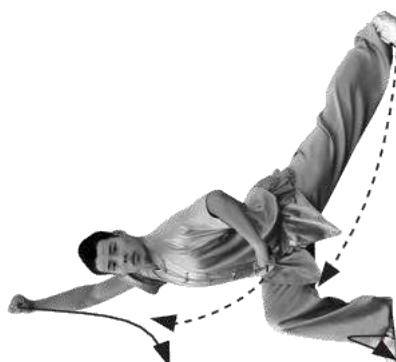


图148
Fig. 148



图149
Fig. 149



图150
Fig. 150

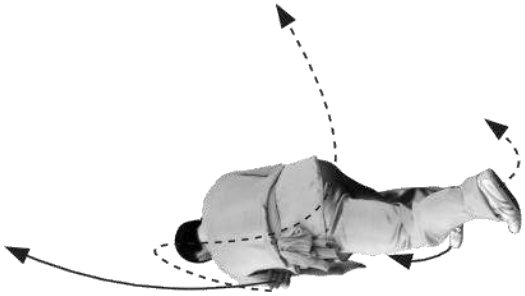


图151
Fig. 151

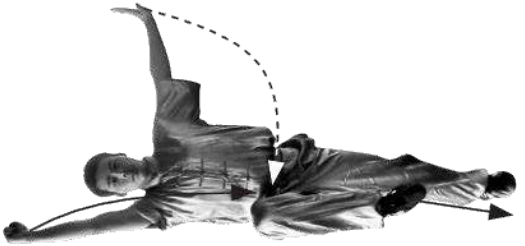


图152
Fig. 152



图153
Fig. 153

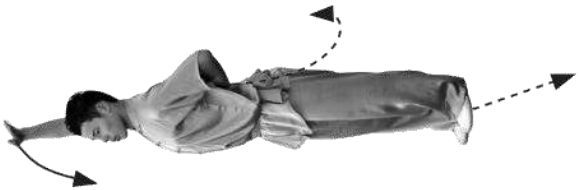


图154
Fig. 154



图155
Fig. 155



图156
Fig. 156

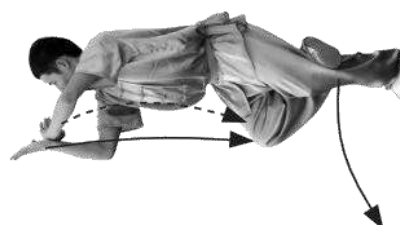


图157
Fig. 157



图158
Fig. 158

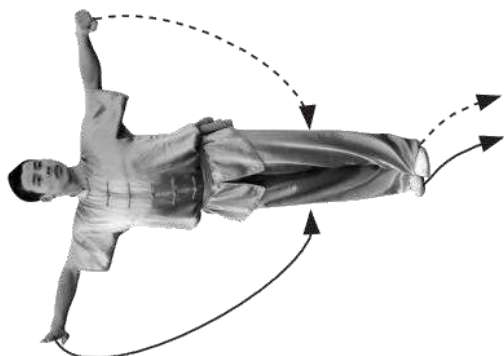


图159
Fig. 159



图160
Fig. 160



DAKAR
2026



YOUTH
OLYMPIC
GAMES

第三套国际武术竞赛套路

3rd International Wushu Competition Routine

長拳

Chang Quan



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前言 Preamble

2020 年 1 月 8 日，国际奥委会在瑞士洛桑宣布将武术列入 2026 年达喀尔青奥会的正式比赛项目，这是武术首次成为奥林匹克系列运动会的正式比赛项目，是武术国际化发展的一个重要里程碑，标志着武术国际化发展推广迈入新的历史阶段。

On January 8, 2020, the International Olympic Committee (IOC) announced in Lausanne, Switzerland that wushu would be included as an official sport in the Dakar 2026 Youth Olympic Games. This marks the first time that wushu has been recognized as an official event in the Olympic series, signifying a major milestone in its global development and propelling its international expansion and promotion into a new historical stage.

为助力全球武术健儿备战青奥武术盛会，加速构建武术运动的国际标准化体系，国际武术联合会对标青奥会武术竞赛项目，对长拳、棍术、太极拳和太极扇四个比赛套路，采用国际化视角组织编译了“青奥武术系列中英双语教材”，力求成为全球各国和地区武术教练员精准施训、裁判员准确执裁和习练者精进技艺的权威指南与重要参考。

To support athletes worldwide in preparing for this historic wushu competition at the Youth Olympics, and to accelerate the construction of an international standardized system for the sport of wushu, the International Wushu Federation (IWUF) has aligned with the Youth Olympic Games' wushu competition requirements and compiled the *Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials* for the four competition routines of changquan, gunshu, taijiquan and taijishan from an international perspective. This series will serve as an authoritative guide and essential reference for wushu coaches to deliver precise training, for referees to ensure accurate officiating, and for practitioners to refine their skills in different countries and regions.

让我们共同期待 2026 年达喀尔青奥会，期待武术在奥林匹克舞台上绽放异彩！

Let us all eagerly anticipate the 2026 Dakar Youth Olympic Games, and look forward to witnessing the brilliance of wushu on the Olympic stage.

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一、长拳套路简介

Introduction of Changquan Routine

长拳是武术套路竞赛的基础性项目，在日常训练中备受广大教练员和运动员的重视。新编第三套国际武术竞赛套路——长拳，是在吸取了查拳、滑拳、炮拳、华拳等传统拳种经典动作的基础上，严格遵循武术套路运动技术的发展规律创编而成。

该套路内容丰富，编排设计合理，组合形式多变，难度适中。全套动作布局巧妙，连接顺畅，起伏转折，动迅静定，极具竞技性和观赏性，充分体现了长拳动作舒展大方、快速有力、灵活多变、窜蹦跳跃和节奏鲜明的运动特点。

Changquan is the foundational competitive event in the wushu taolu competitions, thus it is widely emphasized by the coaches and athletes in the daily Wushu training sessions. The newly choreographed 3rd International Wushu Competition Routine – Changquan, has extract classic movements of chaquan, huaquan(滑拳), paoquan, huaquan(华拳) etc. as the foundational techniques and has been created in strict accordance with the developmental trends of the Wushu Taolu competitive techniques.

This routine is rich in content, reasonably choreographed and designed, features a variety of movement combinations and is of moderate difficulty. The entire routine of movements is cleverly arranged, smoothly transitioned with ups and downs, twists and turns, speedy moves and still pauses, effectively encompassing both the competitiveness and aesthetic appeal. It fully embodies the characteristics of changquan techniques: expansive and graceful movements, speed and power, flexibility and variability, leaps and jumps, and a distinctive rhythmic presentation.



二、长拳套路动作名称

Movement Names of Changquan Routine

预备式

Yù Bèi Shì

Ready Position

第一段

Section One

1. 虚步亮掌

Xū Bù Liàng Zhǎng

Flashing Palm in Empty Stance

2. 上步对拳

Shàng Bù Duì Quán

Advance Step Inner Facing Fist

3. 弓步撩推掌

Gōng Bù Liāo Tuī Zhǎng

Uppercut Forward Palm Push with
Bow Stance

4. 弹腿击掌

Tán Tuǐ Jī Zhǎng

Spring Kick Palm Strike

5. 后点步冲拳

Hòu Diǎn Bù Chōng Quán

Rear Pointing Step Forward Punch

6. 歇步挑掌

Xiē Bù Tiāo Zhǎng

Crossed-legged Crouching Stance
Palm Flick

7. 并步冲拳

Bìng Bù Chōng Quán

Closed Step Forward Punch

8. 腾空摆莲 360°

Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

9. 并步拍地

Bìng Bù Pāi Dì

Closed Step Slapping the Ground

10. 单拍脚

Dān Pāi Jiǎo

Front Slap Kick

11. 提膝跳冲拳

Tí Xī Tiào Chōng Quán

Knee Raise and Punch with a Hop

12. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

13. 侧空翻

Cè Kōng Fān

Aerial Cartwheel

14. 旋风脚 360°

Xuàn Fēng Jiǎo 360°

Tornado Kick 360°

15. 跌竖叉

Diē Shù Chā

Falling Front Split

第二段

Section Two

16. 盖步冲拳

Gài Bù Chōng Quán

Front Cross Step Punch

17. 单拍脚

Dān Pāi Jiǎo

Front Slap Kick

18. 侧踹腿

Cè Chuài Tuǐ

Side Kick



19. 抡臂拍地

Lūn Bì Pāi Dì

Arm Circling and Slap on the Ground

20. 震脚按掌

Zhèn Jiǎo Àn Zhǎng

Stamp Feet and Downward Palm Press

21. 弓步冲拳

Gōng Bù Chōng Quán

Bow Stance Forward Punch

22. 横裆步亮掌

Héng Dāng Bù Liàng Zhǎng

Side Bow Stance Flashing Palm

23. 踢腿撩掌

Tī Tuǐ Liāo Zhǎng

Front Kick and Uppercut

24. 跳提膝钩手推掌

Tiào Tí Xī Gōu Shǒu Tuī Zhǎng

Hop, Knee Raise with a Hook and Palm Push

25. 腾空箭弹

Téng Kōng Jiàn Dàn

Jumping Spring Kick

26. 插步双摆掌

Chā Bù Shuāng Bǎi Zhǎng

Back Cross Step Double Palm Swing

27. 弓步钩手推掌

Gōng Bù Gōu Shǒu Tuī Zhǎng

Bow Stance Hook and Palm Push

28. 跳转身仆步切掌

Tiào Zhuǎn Shēn Pú Bù Qiè Zhǎng

Jump and Turn Over, Landing in Crouching Stance with Chopping Palm

29. 弓步架冲拳

Gōng Bù Jià Chōng Quán

Bow Stance Upper Block and Forward Punch

30. 弓步贯拳

Gōng Bù Guàn Quán

Bow Stance Horizontal Swinging Punch

31. 后扫腿

Hòu Sǎo Tuǐ

Back Sweep

32. 仆步亮掌

Pú Bù Liàng Zhǎng

Crouching Stance Flashing Palm

第三段

Section Three

33. 正踢腿

Zhèng Tī Tuǐ

Front Stretch Kick

34. 燕势平衡

Yàn Shì Píng Héng

Swallow Balance

35. 弓步十字拳

Gōng Bù Shí Zì Quán

Bow Stance Left Forward Punch and Right Backward Punch

36. 弓步左冲拳

Gōng Bù Zuǒ Chōng Quán

Bow Stance Left Forward Punch

37. 提膝挑掌

Tí Xī Tiāo Zhǎng

Knee Raise Palm Flick

38. 弧形步

Hú Xíng Bù

Curved Gliding Steps

39. 扣腿双摆掌

Kòu Tuǐ Shuāng Bǎi Zhǎng



Rear Cross-legged Balance Double
Swinging Palm

40. 击步劈打

Jī Bù Pī Dǎ

Slapping Step Hammer Strike

41. 弓步靠掌

Gōng Bù Kào Zhǎng

Bow Stance Leaning Palm

42. 弓步双钩手

Gōng Bù Shuāng Gōu Shǒu

Bow Stance Double Hook

43. 垫步蹬腿

Diàn Bù Dēng Tuǐ

Skiping Step Heel Kick

44. 弓步劈拳

Gōng Bù Pī Quán

Bow Stance Hammer Punch

45. 马步托打

Mǎ Bù Tuō Dǎ

Horse Stance Palm Lift and Punch

46. 插步抓肩

Chā Bù Zhuā Jiān

Back Cross Step Shoulder Grab

47. 马步架打

Mǎ Bù Jià Dǎ

Horse Stance Upper Block and Strike

第四段

Section Four

48. 提膝架掌

Tí Xī Jià Zhǎng

Knee Raise Upper Palm Block

49. 提膝冲拳

Tí Xī Chōng Quán

Knee Raise and Punch

50. 旋子

Xuàn Zi

Butterfly Kick

51. 坐盘

Zuò Pán

Cross Legged Sitting

52. 外摆腿击响

Wài Bǎi Tuǐ Jī Xiǎng

Outward Crescent Slap Kick

53. 打虎势

Dǎ Hǔ Shì

Taming Tiger Form

54. 弓步顶肘

Gōng Bù Dǐng Zhǒu

Bow Stance Elbow Jab

55. 抡臂砸拳

Lūn Bì Zá Quán

Arm Circling Smashing Fist

56. 虚步挑掌

Xū Bù Tiāo Zhǎng

Empty Stance Palm Flick

57. 转身云手

Zhuǎn Shēn Yún Shǒu

Turn Body Horizontal Palm Circling

58. 并步摆拳

Bìng Bù Bǎi Quán

Closed Step Horizontal Swinging Fist

59. 收势

Shōu Shì

Ending Position



三、长拳套路动作图解

Movements Illustrations of Changquan Routine

注：动作图解中，实线（——→）表示下一动作右手、右脚的运动路线，虚线（-----→）表示下一动作左手、左脚的运动路线。

Note: In the movements illustrations, the solid line (——→) represents the next movement is for the movement of the right arm or right leg, the dotted line (-----→) represents the next movement is for the movement of the left arm or left leg.

预备势

Yù Bèi Shì

Ready Position

两脚并步站立，脚尖向前；两臂垂于身体两侧，两手成掌自然贴靠腿外侧；眼向前平视。（图1）

Stand upright with feet together and toes pointing forward; placed both arms at the side of the body vertically, forming palm and position naturally at the sides of the respective legs. (Figure 1)

要点：头正颈直，下颌微收，挺胸、收腹、塌腰、夹腿。

Key Points: Head upright and neck straighten, chin slightly tuck in, brace the chest, contract the abdominal, sink the lower back, hold the legs together.



图1
Fig. 1



第一段 Section One

1. 虚步亮掌 Xū Bù Liàng Zhǎng Flashing Palm in Empty Stance

(1) 接上势，右脚向右后方撤步，左腿微屈；同时，右掌经体侧向胸前上方划弧砍掌，掌心向上；左臂屈肘，左掌提至腰侧，掌心向上；目视右掌。

(图 2)

(1) Following the previous movement, the right leg steps backwards to the right rear, the left leg slightly bent; at the same time, the right palm facing upwards moving in an arc from the body side and chop at the upper front of the chest; the left palm facing upwards bending the elbow and raised to the waist level; look at the right palm. (Figure 2)



图2
Fig. 2

(2) 重心后移，右腿屈蹲；左脚尖点地，成左虚步；同时，左掌经胸前从右臂上方向前上弧线穿旋经左侧向后下方划弧成钩手，钩尖向上，右手继续向后、向右、向前上划弧于头前上方屈肘抖腕成亮掌（即横掌），掌心向上；目视左方。（图 3）

(2) Shifting the body weight backwards and bend the right leg; the left toes pointed on the ground, forming a left empty stance; at the same time, the left palm moving in an arc from the front of the chest and thread forward above the right



arm, and continuing moving from the left side towards the lower rear, forming a hook hand with the tip of the hook pointing up. The right arm moving from the back to the right and upwards in an arc, positioning at the upper front of the head with a flick of the wrist to form a flash palm (that is horizontal palm), with the right palm facing up; look to the left. (Figure 3)

要点：肩松腰活，动作连贯，两手路线走圆。虚步重心落于右腿，右大腿与地面平行，上体保持正直。

Key Points: Shoulders relaxed and waist being flexible, keep the movements continuous and both arms move in circular routes. The empty stance has body weight to be rested on the right leg, the right thigh is level at horizontal as the ground level, keep the upper body upright.



图3
Fig. 3

2. 上步对拳 Shàng Bù Duì Quán

Advance Step Inner Facing Fist

(1) 接上势，右脚蹬地，重心前移，左脚向左前上步；同时，左钩手变掌，右掌下落，两掌向前撩出，两臂斜下，两掌心向前上；目视前方。（图4）

(1) Following the previous movement, the right leg pushes the body to shift forward, the left foot take a step to the left front; at the same time, the left hook hand changes to a palm, the right palm lowers, both palms facing upwards swinging towards the front as uppercut palms; look forward. (Figure 4)

(2) 右脚向右前上步，重心偏右；同时，两掌收经腹前向左右两侧弧形分开。（图5）

(2) The right leg steps one step to the right front, shift the body weight to the right slightly; at the same time, both palms retract towards the abdomen and part



to right and left sides respectively in an arc motion. (Figure 5)



图4
Fig. 4



图5
Fig. 5

(3) 左脚向右脚并步，两腿直立；同时，两手握拳继续弧形向里绕举于腹前，拳心均向下，两拳之间约两拳距离；目视左方。（图 6）

(3) The left leg closes in to the right leg with both legs straightened; at the same time, both hands change to fists, continue in an arc motion to position at the front of the abdomen, with the both fist heart (middle spot of the palm) facing down. The distance between the fists is two fist lengths apart; look to the left. (Figure 6)

要点：步法灵敏，手法敏捷，快慢相间，动静分明，上下配合要完整一致。

Key Points: The footwork has to be agile; the hand technique has to be swift, regulate the fast and slow pace, and clear contrast of motion and stillness. The upper and lower body movements have to be well-coordinated.



图6
Fig 6



3. 弓步撩推掌 Gōng Bù Liāo Tuī Zhǎng

Uppercut Forward Palm Push with Bow Stance

(1) 接上势，左腿屈膝提起，右腿自然伸直；同时，两拳变掌，右掌向右后下方摆举；左臂外旋，左掌向前上方托举，掌心向上；目视左前方。（图7）

(1) Following the previous movement, raise the left knee, straighten the right leg naturally; at the same time, transform both fists to palms, the right palm swing down and positions at the right rear; the left arm turns outwards and raises to the upper front with the palm facing up; look to the left. (Figure 7)



图7
Fig. 7

(2) 左掌继续向前上方托举；左脚向左前方落地，两腿屈膝下蹲，成马步；同时，左臂内旋回屈，左手虎口向内按于左膝上方，左肘外撑；目视左前方。（图8、图9）

(2) The left palm continues to raise up to the upper front; the left leg lowers and land to the left front, bending both knees and form a horse stance; at the same time, the left arm turns inwards and retracts, the left hand turns inwards and the web of the left hand presses above the left knee, the left elbow extend outwards; look to the left front. (Figure 8, 9)



图8
Fig. 8



图9
Fig. 9

(3) 上体左转，重心左移；左腿屈膝前弓，成左弓步；同时，右手由后向下、向前弧形撩举，手心向左，手指向前；目视前方。（图 10）

(3) The upper body turns left and shift the body weight to the left; the left knee bend forward to form a left bow stance; at the same time, the right hand swing from the back downwards and to the front in an arc motion to perform an uppercut palm with the palm facing up and fingers pointing forward; look to the front. (Figure 10)

(4) 上体右转，重心右移；右腿屈膝，成马步；同时，右手经上回屈于右腰侧，左手姿势不变；目视右手。（图 11）

(4) The upper body turns right and shift the body weight to the right; bend the right knee to form a horse stance; at the same time, the right hand continues to move up and retracts to the side of the waist, the left hand remains unchanged; look at the right hand. (Figure 11)



图10
Fig. 10



图11
Fig. 11

(5) 右腿蹬伸，左腿屈膝前弓，成左弓步；上体左转；同时，右掌随转体向前推击，掌指高与肩平，力达小指一侧；目视前方。（图 12）

(5) The right leg straightened, the left knee bends and pushes forward to form



a left bow stance; turns the upper body to the left; at the same time, the right hand following the body turn and strike to the front, with the fingers at the shoulder level, the force exerted at the side of the little finger; look to the front. (Figure 12)

要点：动作用力顺达，上下肢协调，缓而不松，力点准确。

Key Points: The forces are executed smoothly during the movements, the upper and lower limbs are well-coordinated, steady but not loose, the force of impact should be precise.



图12
Fig. 12

4. 弹腿击掌 Tán Tuǐ Jī Zhǎng

Spring Kick Palm Strike

接上势，右掌外旋刁手成拳；随即左腿蹬伸，重心前移，右腿屈膝提起，小腿迅速向前弹踢，右腿伸直与腰平，脚面绷平；同时，右拳收于腰间，拳心向上；左掌向前推击，手指向上，力达小指一侧；目视前方。（图 13、图 14）

Following the previous movement, the right palm turns outward and grasps into a fist; simultaneously straighten the left leg and shift the body weight forward, bend and raise the right knee, the lower leg quickly execute a snap kick forward at the waist level with the face of the foot stretched flat and straighten; at the same time, the right fist retracts and hold it at the right side of the waist with the heart of the fist facing up; the left palm strikes to the front with the fingers pointing up and the force exerted at the side of the little finger; look to the front. (Figure 13, 14)

要点：手法敏捷，力点准确。弹腿、击掌上下配合，协调一致。

Key Points: The hand technique has to be swift; the force of impact should be precise. The spring kick and palm strike should be harmonized and well-coordinated.



图13
Fig. 13



图14
Fig. 14

5. 后点步冲拳 Hòu Diǎn Bù Chōng Quán

Rear Pointing Step Forward Punch

接上势，右脚向后落地，前脚掌着地；同时，左手握拳收于腰间，拳心向上；右拳向前冲出，拳眼向上，力达拳面；目视前方。（图 15）

Following the previous movement, the right leg lands to the rear with the ball of the leg touching the ground; at the same time, the left hand changes to fist and retracts to the left side of the waist with the heart of the fist facing up; the right fist punches to the front with the eye of the fist facing up and the force exerted at the face of the fist; look to the front. (Figure 15)

要点：撤步轻灵，冲拳迅速，力点准确。

Key Points: The back-step should be agile, the forward punch should be swift and the force of impact should be precise.



图15
Fig. 15

6. 歇步挑掌 Xiē Bù Tiāo Zhǎng

Crossed-legged Crouching Stance Palm Flick

(1) 接上势，重心后移，左脚向左撤步，身体右移；同时，左拳变掌迅速



向左前上方砍出，右拳收至右腰间；目视左掌。（图 16）

(1) Following the previous movement, shift the body weight backwards, the left leg steps to the left rear, shift the body to the right; at the same time, the left fist transform to palm and quickly chop to the upper left front, the right fist retracts to the right side of the waist; look to the left palm. (Figure 16)



图16
Fig. 16

(2) 右腿蹬伸抬起，重心左移，右脚向左腿后落步，两腿交叉屈膝下蹲，成左歇步；同时，右拳变掌向右前弧形上挑，回收腰间变拳，拳心向上；左手先收至腰后再由下向前弧形挑掌，力达小指一侧；目视左前方。（图 17、图 18）

(2) The right leg straightens and springs off the ground, shift the body weight to the left, the right leg lands behind the left leg, cross both knees and squat to form a left resting stance; at the same time, the right fist transform to palm and flick to the right front in an arc motion, then retracts to the waist and changes to fist with the heart of the fist facing up; the left hand first retracts to the waist then perform the flick from the bottom to the front, the force exerted at the side of the little finger; look to the left front. (Figure 17, 18)

要点：手法清晰、敏捷，刚柔相济，动迅静定，起伏转折协调一致。

Key Points: The hand techniques must be clear, swift, forcefulness and gentleness should be cooperated; moves fast and pauses in stillness, the ups and downs, twists and turns should be harmonized and well-coordinated.



图17
Fig. 17

图18
Fig. 18

7. 并步冲拳 Bìng Bù Chōng Quán

Closed Step Forward Punch

接上势，两脚蹬地，身体直立，左脚向左前上一步，右脚向左脚迅速并拢；同时，右拳向前冲击，拳眼向上，力达拳面；左掌附于右肘内侧，掌指向上，掌心向里，左肘尖下垂；上体微前倾；目视前方。（图 19、图 20）

Following the previous movement, both legs push the ground and straighten the body, the left leg shift one step to the left front, the right leg quickly closes in to the left leg; at the same time, the right fist punches to the front with the eye of the fist facing up, and the force exerted at the face of the fist; the left palm placed at the inner side of the right elbow with the fingers pointing up and palm facing inwards, the left elbow should be drooped; the upper body lean forward slightly; look to the front. (Figure 19, 20)

要点：步法灵敏，并步快速，身体微前倾，冲拳力点准确，形神兼备。

Key Points: The footwork should be agile, close-up step should be swift, the upper body lean forward slightly, the force exerted by the forward punch should be precise, balanced presentation of the form and spirit.



图19
Fig. 19



图20
Fig. 20

8. 腾空摆莲 360° Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

(1) 接上势，身体右转；左脚向右前方上步，脚尖微内扣，右脚向右弧形上步；同时，两臂分别向左右两侧下摆。（图 21、图 22）

(1) Following the previous movement, turn the body to the right; the left leg steps to the right front with the toes slightly pointing inwards, the right leg steps to the right in an arc motion; at the same time, both arms swing down to the right and left sides respectively. (Figure 21, 22)



图21
Fig. 21



图22
Fig. 22

(2) 右脚蹬地向上跳起腾空，身体在空中向右后转 360°，左腿向右前上方直腿摆起，右腿向左上摆起经面前向右外摆；同时，两臂上摆至头上方，左右掌依次击拍右脚面；目视右脚。（图 23）

(2) Jump off the ground with the right leg, the body turns to the rear right 360 degrees in the mid-air, the left leg swing to right front with a straight leg, the right leg swing to the left and kick outwards to the right; at the same time, swing



both arms upwards above the head, the left hand slaps the top of the right foot first, then the right hand; look at the right leg. (Figure 23)

要点：助跑起跳迅速，腾空高，幅度大。空中击响腿脚尖过肩，击拍准确。

Key Points: The run-up and launching should be swift, the jump should be high, the lotus kick should have a wide angle. The tip of the right foot should be above the shoulder level in the mid-air; the slapping must be accurate.



图23
Fig. 23

9. 并步拍地 Bìng Bù Pāi Dì

Closed Step Slapping the Ground

接上势，左右脚同时落地，两腿屈蹲；同时，两掌由上向下击拍地面；目视两掌。（图 24）

Following the previous movement, both legs land at the same time with both knees bend, at the same time, both palms slap down from the top onto the ground; look at both palms. (Figure 24)

要点：落地全蹲，屈肘下拍，短促有力。

Key Points: Land with a full squat, bend the elbows while slapping down, the force should be short and impactful.



图24
Fig. 24

10. 单拍脚 Dān Pāi Jiǎo

Front Slap Kick

(1) 接上势，重心上升；两腿直立，右脚向前方上步；同时，两臂向前后分开上摆；头向右转，目视右后方。（图 25）

(1) Following the previous movement, raise the body up; straighten both legs, the right leg steps forward; at the same time, both arms swing upwards and part to the front and back; turn the head to the right, look at the right rear. (Figure 25)

(2) 左脚向右脚前上步；同时，左臂向上、向后摆至头左上方，右臂经下向前、向上摆起至头右上方；目视前方。（图 26）

(2) The left leg step forward in front of the right leg; at the same time, swing the left arm upwards and backward, and then positioned it above the left of the head, the right arm circling down to the front and then upwards and positioned above the right of the head; look to the front. (Figure 26)



图25
Fig. 25



图26
Fig. 26

(3) 重心移至左腿，右脚向前上方摆起；同时，两臂向头前上方，右掌背



拍击左掌心，随即右掌心拍击右脚面；目视拍击方向。（图 27）

(3) Shift the body weight to the left leg, the right leg kicks upwards to the front; at the same time, both arms move to the top front of the head, the back of the right palm slaps onto the left palm, then immediately slaps the right palm on the face of the right foot; look at the direction of the slap. (Figure 27)

要点：上步、抡臂协调一致。支撑腿全脚着地，击拍脚过肩，击响准确。

Key Points: Forward step and wheeling of arms should be harmonized and well-coordinated. The supporting leg should be fully grasped to the ground, the slapping of the foot should be above the shoulder level, and the slap must be accurate.



图27
Fig. 27

11. 提膝跳冲拳 Tí Xī Tiào Chōng Quán

Knee Raise and Punch with a Hop

(1) 接上势，右脚落地，两臂前后下落；随即左脚上步，上身左转；同时，左掌变拳收抱于左腰侧，拳心向上；右掌向后、向下经体右侧向前撩掌，掌心向左；目视右掌。（图 28、图 29）

(1) Following the previous movement, the right foot lands, the two arms lower to the front and back respectively; the left foot steps forward immediately, turns the upper body to the left; at the same time, the left palm changes to fist and retracts to the left side of the waist with the fist heart facing up; the right palm circling downwards from the back to the right side and strike forward as an uppercut palm with the palm facing left; look at the right palm. (Figure 28, 29)



图28
Fig. 28



图29
Fig. 29

(2) 右脚向前上步蹬地跳起腾空，左腿提膝收于腹前；同时，左拳变掌向前撩出，随即左掌内旋向头左上方架掌，左臂撑圆上举，掌心向上；右拳向右直臂冲出，高与肩平；目视右方。（图 30、图 31）

(2) The right foot steps forward and jump up, the left knee raises to the front of the abdomen; at the same time, the left fist changes to palm and strike to the front as an uppercut palm, follow which, immediately turns the left palm inwards and raises above the left front of the head to block, the left arm raises with elbow slightly bend and palm facing up; the right fist punches forward to the right at the shoulder level; look to the right. (Figure 30, 31)

要点：身体中正，腾空展体，动作连贯，协调一致。

Key Points: The body should be kept centered and upright, extend the body when jumping, the movements should be continuous, harmonized and well-coordinated.



图30
Fig. 30



图31
Fig. 31



12. 腾空飞脚 Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

(1) 接上势，右脚落地支撑，右腿屈膝半蹲；同时，右拳变掌，两掌由上向下摆至胸前交叉；随即身体左转，左脚向前上步；两臂下落经腹前分别向前后上方直臂摆起，立掌；目视前方。（图 32、图 33）

(1) Following the previous movement, the right leg lands and bending the knee to a half squat to buffer and support the body; at the same time, the right fist changes to palm, both palms lowers and positions at the front of the chest as crossed palm; turn the body to the left immediately, the left foot steps forward; both arms lowers to the abdomen and separates to the front and back respectively, straighten both arms and swings upwards with vertical palm; look to the front. (Figure 32,33)

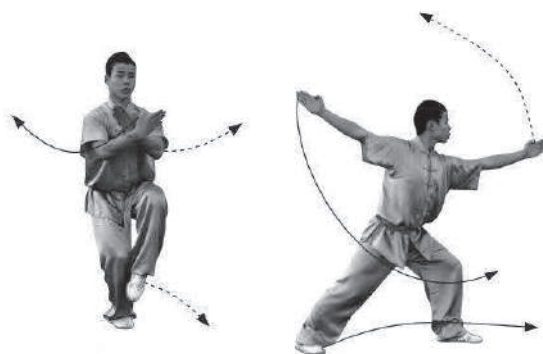


图32
Fig. 32

图33
Fig. 33

(2) 右脚向前上步，蹬地向上跳起腾空，左腿向前上摆起，屈膝收回；同时，两臂依次向上、向后立圆摆动至头前上方，右掌背拍击左掌心；随即右腿向前上弹出，右掌拍击右脚面；目视前方。（图 34、图 35）

(2) The right foot steps forward, and launch to jump up, swing the left leg up and forward and then retracts with bent knee; at the same time, both arms sequentially circling up and backwards to upper front of the head, the back of the right palm slap on the left palm; immediately the right foot spring kick to the upper front, the right palm then slaps on the face of the right foot; look to the front. (Figure 34, 35)

要点：腾空后右腿前上弹击响腿脚尖过肩，左腿提膝收于腹前。空中立



身击掌、拍脚迅速准确。

Key Points: After the jump, the right snap kick should be towards the upper front, the tip of the snap kick must be above the shoulder level, the left knee bent and hold at the front of the abdomen. Whilst in the mid-air, keep the body upright when slapping the palms, the slap kick should be swift and accurate.



图34
Fig. 34



图35
Fig. 35

13. 侧空翻 Cè Kōng Fān

Aerial Cartwheel

接上势，右脚落地，左脚上步蹬地，右腿向后、向上摆起，身体前屈，两腿在空中分开（在空中做向左侧翻动作），随即右脚落地；目视右下方。（图 36—图 38）

Following the previous movement, the right foot lands, the left foot steps forward and launch a jump, the right leg swing back and upwards, the body lean forward, both legs split in the mid-air (perform a left aerial cartwheel movement in the mid-air), immediately land with the right foot; look to the lower right. (Figure 36 – Figure 38)

要点：空中两腿伸直、依次迅速摆腿，翻转要快，腾空高、飘。

Key Points: Both legs should be straightened in the mid-air, swing the legs swiftly and sequentially, the rotation should be quick, the jump should be high and drifting.

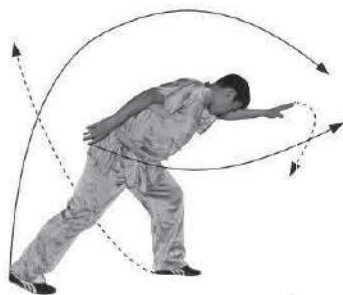


图36
Fig. 36



图37
Fig. 37



图38
Fig. 38

14. 旋风脚 360° Xuàn Fēng Jiǎo 360°

Tornado Kick 360°

(1) 接上势，上体立起左转，左脚向前落步；右手握拳收至右腰侧，左掌向左前方推出；右左脚连上 3 步，身体左转，两腿微屈下蹲；同时，两臂向右上摆起；目视前方。（图 39—图 42）

(1) Following the previous movement, lift the upper body straighten up and turns to the left, the left foot lands to the front; the right hand changes to a fist and retract to the right side of the waist, the left palm pushes forward to the left front; the right and left foot steps forward sequentially three steps, turn the body to the left, both knees bent downwards slightly; at the same time, both arms swing to the upper right; look to the front. (Figure 39 – Figure 42)



图39
Fig. 39



图40
Fig. 40



图41
Fig. 41



图42
Fig. 42

(2) 右脚蹬地跳起，左腿向左上方摆动，在空中右腿里合；左手在头前迎击右脚前脚掌；身体左后旋转 360°。（图 43）

(2) The right leg launches the jump, the left leg swing to the upper left, the right leg executes an inner crescent kick in the mid-air; the left hand slaps on the right foot sole at the front of the head; and then turn the body to the left rear 360 degrees. (Figure 43)

要点：空中身体中正，击响腿脚过肩，立身旋转，击拍准确。

Key Points: The body should be kept centered and upright in the mid-air, the foot of the kicking leg should be above the shoulder level, keep the body upright while in rotation and the slap must be accurate.



图43
Fig. 43

15. 跌竖叉 Diē Shù Chā

Falling Front Split

接上势，两腿一齐前后分开落地，成竖叉，左脚尖勾起在前，右腿伸直、脚面绷平在后；同时，两掌在身体左右两侧立掌伸出；目视右掌前方。（图



44)

Following the previous movement, both legs split into front and back simultaneously when landing, forming a vertical split, the left toes tilt upwards towards the front, the right leg straighten with the face of the foot flatten at the back; at the same time, both palms straighten out to the sides of the body with vertical palms; look to the front of the right palm. (Figure 44)

要点：两腿同时落地时上体塌腰前倾，前脚掌向内勾收，后腿伸直。

Key Points: When both legs land at the same time, sink the waist and lean the body slightly forward, the toes of the front foot hooked turns inwards, the back leg straightens.



图44
Fig. 44



第二段 Section Two

16. 盖步冲拳 Gài Bù Chōng Quán

Front Cross Step Punch

(1) 接上势，两脚蹬地起身，随即左脚上步，两腿屈膝半蹲；同时，两臂屈肘内收，两掌交叉至于胸前，掌心向上；目视前方。（图 45、图 46）

(1) Following the previous movement, push both feet off the ground to get up, the left foot steps forward with both knees bending in a half squat position; at the same time, bend the elbows of both arms and retract inwards, the two palms crossed in front of the chest with the palm facing up look to the front. (Figure 45, Figure 46)



图45
Fig. 45



图46
Fig. 46

(2) 左腿伸直，身体左转；右脚经体前向左侧盖步落地，脚尖微外展，右腿屈膝半蹲；同时，左掌向前经右向左后划弧经左腰侧向右前摆至右肩前，掌心向右，指尖向上；右掌向右后划弧经右腰侧变拳向右前冲出，拳眼向上，高与肩平；目视右拳。（图 47、图 48）

(2) Straighten the left leg and turn the body to the left; the right foot moves past the body front to the left to form a cover (front crossed) step with the toes pointing outward and knee bending to a half squat position; at the same time, the left palm moves forward from the right and then leftwards to the rear in an arc motion, then passes the left side of the waist towards the right front and positioned at the front of right shoulder, with the palm facing right and fingers pointing up; the right palm moves to the right rear in an arc motion, passes the right side of the



waist and changes to a fist punching to the right front at the shoulder level with the eye of the fist pointing up; look at the right fist. (Figure 47, Figure 48)

要点：分掌盖步协调，动作开合缓而不松。

Key Points: The separating palms and cover step should be well coordinated, the opening and closing of the movements should be gentle but not lax.



图47
Fig. 47



图48
Fig. 48

17. 单拍脚 Dān Pāi Jiǎo

Front Slap Kick

(1) 接上势，身体左转，左脚向前上步；同时，右拳变掌；左掌向下经腹前向上摆起，虎口向上，指尖向前；头向左转，目视左掌。（图 49）

(1) Following the previous movement, turn the body to the left, the left foot steps forward; at the same time, the right fist changes to palm; the left palm moves down and passes the front of the abdomen, and then swings upwards with the fingers pointing forward and the web facing up; the head turns to the left and look at the left palm. (Figure 49)

(2) 右脚向前上步；同时，左臂向前上摆至头部前上方，掌心向前，指尖向上；右臂下摆；目视前方。（图 50）

(2) The right foot steps forward; at the same time, the left arm swings forward and up above the front of the head with the palm facing front and fingers pointing up; the right arm swings down; look to the front. (Figure 50)



图49
Fig. 49



图50
Fig. 50

(3) 左脚向前上步；同时，右臂由下向前上摆起，在头前上方，右掌背拍击左掌心；目视前方。（图 51）

(3) The left foot steps forward; at the same time, the right arm swings from the bottom to the front and upwards to the front of the head, the back of the right palm slaps on the left palm; look to the front. (Figure 51)

(4) 左腿支撑，右腿伸直，脚面绷平向前上方摆起；右脚摆至面前时，右掌心拍击右脚面；左臂上摆，掌心斜向前；目视右脚。（图 52）

(4) With the left leg providing support, the right leg straightens and swings to the upper front with the face of the foot flattened; when the right foot reaches the front of the face, the right palm slaps onto the face of the right foot; the left arm swings up with the palm slanting forward; look at the right foot. (Figure 52)

要点：上步迅速，击响腿脚部过肩，击拍准确。

Key Points: The advancing steps should be swift, the slapping foot should be higher than the shoulder level, the slap must be accurate.



图51
Fig. 51



图52
Fig. 52

18. 侧踹腿 Cè Chuài Tuǐ Side Kick

(1) 接上势，身体右转；右脚经左脚前向左落地，脚尖外展，屈膝半蹲；同时，两臂向下在腹前交叉上摆至胸前成十字掌，右掌在外，左掌在内，掌心向外，指尖向上；目视前方。（图 53）

(1) Following the previous movement, the body turns right; the right foot passes the front of the left foot and steps to the left with the toes pointing outward in a half squatting position; at the same time, the two arms lower to the front of the abdomen and crossed each other, then raised to the chest level in a crossed palm with the right palm on the exterior and left palm on the interior, both palms facing outward and fingers pointing up; look to the front. (Figure 53)



图53
Fig. 53

(2) 重心移至右腿并伸直独立支撑，上体向右侧倾；左腿由左侧屈膝向上抬起，勾脚尖向左侧上方蹬出，脚高于腰；同时，两臂由屈到伸，两掌向左右两侧推出，掌心向外，高与肩平；目视左脚。（图 54）



(2) Shift the body weight to the right leg, right leg straightens and supports the body, the upper body leans to the right side; the left leg raises from the left with the knee bent, and extend a side kick to the upper left higher than the waist level with the ankle flexed inward; both arms extend and push to both sides at shoulder level with the palm facing outward; look at the left foot. (Figure 54)

要点：支撑腿直立，展髋向左侧挺膝踢出与双分掌完整一致。

Key Points: The supporting leg should be straightened. The hip extension and left side kick should coordinate with the separating palms in unison.



图54
Fig. 54

19. 抡臂拍地 Lūn Bì Pāi Dì

Arm Circling and Slap on the Ground

(1) 接上势，重心右上移，身体右转；同时，左脚向后方落步；随即右臂下摆至右侧下方，左臂向下经体前向上摆至头左上方；目视前方。（图 55）

(1) Following the previous movement, shift the body weight upwards to the right and turn the body to the right; at the same time, the left foot lands to the right rear; immediately the right arm lowers to the right side, the left arm moves down, passes the front of the body and swings up to the upper left above the head; look to the front. (Figure 55)



图55
Fig. 55

(2) 身体左转；右脚上步，两腿平行，屈膝全蹲；同时，左臂向下、向后上方摆起，左掌变成钩手，钩尖向上；右臂由下向上、向前下拍地，掌心向下；目视右掌。（图 56）

(2) Turn the body to the left; the right foot steps forward to be parallel for both feet, bending both knees to a full squat; at the same time, the left arm moves down and swings up to the rear, then transform to a hook with the tip of the hook pointing up; the right arm swings upwards from the right and then to the front, follow by slapping on the ground with the palm facing down; look at the right palm. (Figure 56)

要点：落步、转体、屈蹲连贯，肩松抡臂立圆，全蹲、屈肘拍地短促有力。

Key Points: The movements of the landing of left foot the rear right, body turn, and squatting should be continuous, relax the shoulder joints while circling the arm in a vertical circle, the full squat and bending elbows to slap the ground should be short and forceful.



图56
Fig. 56

20. 震脚按掌 Zhèn Jiǎo Àn Zhǎng

Stamp Feet and Downward Palm Press

(1) 接上势，身体右转 90°，重心上升；两脚跟抬起，前脚掌着地；同时，左臂向下经体左侧向前摆动，右臂向下经体右侧向前上摆起；目视前方。
(图 57)

(1) Following the previous movement, turn the body 90 degrees to the right, raise the body weight upwards; raise both heels with the soles touching the ground only; at the same time, the left arm moves down passes the left side of the body and swings to the front, the right arm moves down passes the right side of the body and swings up to the upper front; look to the front. (Figure 57)



图57
Fig. 57

(2) 身体继续右后转 90°；右臂随转体由上向后立圆摆至身体右腰侧抱拳，拳心向上；左臂随转体向前、向上摆起下落至体前，掌心向下，指尖向



右；同时，右腿屈膝抬起向左脚内侧用力下落震踏；左腿屈膝抬起，脚面绷平贴扣于右膝腘窝处；目视前方。（图 58）

(2) The body continues turning to the right 90 degrees to the rear; the right arm, following the body turn, swings up towards the rear in a vertical circle and positions at the right side of the waist in a fist with the heart of the fist facing up; the left arm, following the body turn, moves to the front and swings up and positions at the front of the body with the palm facing down and fingers pointing to the right; at the same time, the right knee raises and stamp near the inner side sole of the left foot; the left leg raises with knee bent, with the back of the foot flattened, moves and locks against the back socket of the right knee; look to the front. (Figure 58)

要点：以髋为轴，转身协调，转身震脚与抱拳按掌同时完成。

Key Points: Using the hip as the rotational axis, the body turn should be well coordinated. The movements of body turn with stamping foot, holding fist and pressing palm should be completed concurrently.



图58
Fig. 58

21. 弓步冲拳 Gōng Bù Chōng Quán

Bow Stance Forward Punch

(1) 接上势，左脚向前上步，左腿屈膝前弓，右腿伸直，成左弓步；同时，右拳内旋向前冲出，拳心向左，拳面向前，高与肩平；左掌变拳随左臂屈肘收于左腰侧，拳眼向上；目视前方。（图 59）

(1) Following the previous movement, the left foot steps forward, bending the knee to the front and straightening the right leg, to a form left bow stance; at the same time, the right fist punches to the front at the shoulder level, with the



heart of the fist facing left and the face of the fist to the front; the left palm changes to fist and retracts to the left side of the waist, with the eye of the fist pointing up; look to the front. (Figure 59)

(2) 右腿屈膝，上体微右转，成马步；同时，左前臂内旋，左拳向前冲出，拳眼向上，拳面向前；右臂外旋屈肘，右拳收于右腰侧；目视前方。（图 60）

(2) Bend the right knee and the upper body turns to the right slightly, to form a horse stance; at the same time, the left arm rotates inwards and punches to the front, with the eye of the fist pointing up and the face of the fist facing the front; the right arm retracts to right side of the waist; look to the front. (Figure 60)



图59
Fig. 59



图60
Fig. 60

(3) 身体右转 90°；左脚跟外展，左腿伸直，右脚跟内转，右腿屈膝前弓，成右弓步；同时，右臂内旋，右拳向前冲出，拳眼向上，拳面向前，高与肩平；左臂动作不变；目视前方。（图 61）

(3) Turn the body 90 degrees to the right; the left heel turns outwards and straightening the leg, the right heel turns inwards and bending the knee forward to form a right bow stance; at the same time, extend the right arm and punches to the front at the shoulder level, with the eye of the fist pointing up and the face of the fist facing the front; the left arm remains intact; look to the front. (Figure 61)

要点：弓出腿大腿成水平，后腿挺膝蹬直，全脚着地；两手立冲拳迅捷。

Key Points: In the bow stance, the thigh level of the knee bending leg should be horizontal, the hind leg should be straightened with the knee extended and sole fully on the ground. The two vertical punches by both arms should be swift and agile.



图61
Fig. 61

22. 横裆步亮掌 Héng Dāng Bù Liàng Zhǎng Side Bow Stance Flashing Palm

(1) 接上势，左腿支撑，右腿提膝；身体左转 180°；同时，两拳变掌，右掌随转体向左平行砍掌，左臂屈肘收回，两掌交叉于胸前；目视两手。（图 62）

(1) Following the previous movement, raise the right knee while the left leg providing the support; the body turns 180 degrees to the left; at the same time, both fists change to palms, the right palm, following the body turn, horizontally chops to the left, the left arm retracts slightly and both arms cross in front of the chest; look at both hands. (Figure 62)



图62
Fig. 62

(2) 右脚落于左脚外侧，右腿屈膝半蹲，左脚贴扣于右膝腘窝处；随即左脚向左侧横铲一步，成左横裆步；同时，两手由下向上、向左右两侧撩掌，高与肩平；随即右手随右臂屈肘抖腕成亮掌，掌心斜向上，左掌成钩手，钩



尖向下；目视前方。（图 63、图 64）。

(2) The right foot lands at the outer side of the left foot with the knee bending to a half squat, the left foot locks against the back socket of the right knee; immediately the left foot horizontally slide to the left to form a side bow stance; at the same time, both hands move from the bottom and swing up towards the respective sides of the body to the shoulder level; following that, bend the right elbow slightly and flicks the right wrist to form a flash palm with the palm facing slanting up, the left hand changes to a hook hand with the tip of the hook pointing down; look to the front. (Figure 63, Figure 64)

要点：两脚内扣，重心落于髋部，右掌、前臂撑圆，左手屈腕，五指撮拢。

Key Points: For the side bow stance, both feet turn inwards and the centre of the body weight rests on the hip. The right arm exhibits a rounded pose, the left hook hand should have the wrist bend with the five fingers pinched together.



图63
Fig. 63



图64
Fig. 64

23. 踢腿撩掌 Tī Tuǐ Liāo Zhǎng

Front Kick and Uppercut

(1) 接上势，重心上升右移至右腿；同时，两臂由两侧向上直臂摆起上举交叉，右手在外，左手在内，掌心向内；随即左脚向右脚并拢，两腿屈膝全蹲；两臂屈肘交叉下落于胸前；目视两手。（图 65、图 66）

(1) Following the previous movement, rise and shift the body weight to the right leg; at the same time, both arms straighten and moves upwards to cross above the head, with the right hand outside and left hand inside; following that, the left foot closes in to the right foot, both legs bend to a full squat; both arms



with the cross hands lower to the front of the chest; look at both hands. (Figure 65, Figure 66)



图65
Fig. 65



图66
Fig. 66

(2) 右腿伸直支撑，左腿斜踢于右耳侧；同时，右手随踢腿沿大腿外侧至左脚外侧贴身上撩于脑后，左掌向下、向左侧撩掌；目视左前方。（图 67、图 68）

(2) The right leg straightens and provide support, the left leg kicks diagonally to the level of the right ear, at the same time, the right arm, following the kick, moves against the exterior side of the left leg and swing up to the back of the head, the left palm moves down and swing down to the left side; look to left front. (Figure 67, Figure 68)

要点：斜踢腿的同时右掌沿左腿髋外侧上撩，身体中正，开肩扬臂协调一致。

Key Points: During the diagonal rising kick, the right palm should move against the external side of the left hip section and lifts upwards, keep the body centered and upright, extension of the shoulders and swinging of the arms should be harmonized and well-coordinated.



图67
Fig. 67



图68
Fig. 68

24. 跳提膝钩手推掌 Tiào Tí Xī Gōu Shǒu Tuī Zhǎng

Hop Knee Raise with a Hook and Palm Push

(1) 接上势，左腿下落于右腿内侧，两腿屈膝并拢；同时，右臂由上向下、左臂由后向前交叉于两膝前，右手在下，掌心向上，左掌心向下；目视前下方。（图 69）

(1) Following the previous movement, the left foot lands next to the inner side of the right leg, both knees bend and close together; at the same time, the right arm moves from the bottom up and the left arm moves from the back to the front and crosses each other at the front of the knees, the right hand at the bottom with the palm facing up, the left palm facing down; look at the lower front. (Figure 69)



图69
Fig. 69

(2) 两脚蹬地跳起腾空，右腿提膝收于腹前；同时，右掌变钩由下向后上摆，略高于肩；左掌前推，高与肩平，力达小指一侧；目视前方。

(2) Using both legs to jump up, raise the right knee and holds at the front of the abdomen; at the same time, the right palm changes to a hook hand, swings from the bottom towards to the upper rear, slightly higher than the shoulder level; the left palm pushes forward, high with the shoulder level, force reaches the little finger side; look at the front.



the left palm pushes forward at the shoulder level, the force exerted at the side of the little finger; look to the front. (Figure 70)

要点：腾空提膝过腰，上体正直，钩手、推掌完整一致。

Key Points: During the jumping knee raise, the level of the raised knee should be higher than the waist. The upper body remains upright; the hook hand the palm push should be completed in unison.



图70
Fig. 70

25. 腾空箭弹 Téng Kōng Jiàn Dàn

Jumping Spring Kick

(1) 接上势，左脚落地，右脚上步，上体保持不变，随即左右脚上步；目视前方。（图 71—图 73）

(1) Following the previous movement, the left foot lands on the ground, the right foot lands a step forward, the upper body remains intact; following that, the left foot and right foot steps another one step forward sequentially; look to the front. (Figure 71 – Figure 73)



(2) 左腿提膝；右钩变掌由下向前托出，掌心向上，左掌变拳收回于左腰侧，拳心向上；随即右脚蹬地腾空弹腿；同时，右掌变拳收回于右腰侧，拳心向上；左拳变掌向前推出，掌心向前，力达小指一侧；目视前方。（图 74、图 75）

(2) Raise the left knee; the right hook transform to palm and raises to the front, with the face of the palm facing up, the left palm changes to fist and retracts to the left side of the waist with the heart of the fist facing up; following that, the right leg jumps upward and perform a spring kick in the mid-air; at the same time, the right palm changes to fist and retracts to the right side of the waist with the heart of the fist facing up; the left fist changes to palm and pushes forward with the palm facing front, and the force exerted at the side of the little finger; look to the front. (Figure 74, Figure 75)

要点：上体直立，腾空弹腿收髋由屈到伸达于水平，弹腿、推掌完整一致。

Key Points: The upper body remains upright. In the jumping spring kick, retract the hip joint and the leg should be kicking at the horizontal level. The spring kick and the palm push should be completed in unison.



图74
Fig. 74

图75
Fig. 75

26. 插步双摆掌 Chā Bù Shuāng Bǎi Zhǎng Back Cross Step Double Palm Swing

(1) 接上势，左脚下落，右脚上步，上体保持不变；随即左脚先上步，重心左移，身体左转，右脚再上步；同时，右拳变掌，两掌向下、向左上摆起，掌指均向上；目视左掌。（图 76—图 78）

(1) Following the previous movement, the left foot lands onto the ground, the right foot steps forward, the upper body remains intact; following that, the left foot takes one step forward first, shift the body weight to the left and turn the body to the left, then the right foot steps forward; at the same time, the right fist changes to palm, both palms move downwards, then swing upwards from the bottom to the left and with the fingers pointing up; look at the left palm. (Figure 76 – Figure 78)



图76
Fig. 76



图77
Fig. 77



图78
Fig. 78

(2) 左脚向右腿后插步，前脚掌着地；上体右拧；同时，两臂继续由左向上、向右摆于身体右侧，均成立掌，左掌停于右肘窝处；目视右掌。（图 79）

(2) The left foot step backwards, crossing behind the right foot, with the front sole touching the ground, to form a back crossed stance; the upper body twists to the right; at the same time, both arms continue to swing from the left, upwards, to the right and position at the right side of the body, both palm being vertical palm, the left palm positions at the inner side of the right elbow; look at the right palm. (Figure 79)

要点：两臂要划立圆，幅度要大，摆掌与后插步配合一致。

Key Points: Both arms should be swinging in a vertical circle and wide motion. The arm swing and the back cross stance should be well-coordinated.



图79
Fig. 79

27. 弓步钩手推掌 Gōng Bù Gōu Shǒu Tuī Zhǎng

Bow Stance Hook and Palm Push

接上势，重心后移于左腿，右腿提膝；随即右脚后撤一步，左腿屈膝前弓，成左弓步；同时，右掌收至右腰侧，随即成立掌向前推出，力达小指一



侧；左掌向下、向后伸直摆动成钩手，钩尖向上；目视右掌。（图 80、图 81）

Following the previous movement, shift the body weight to the left leg, raise the right knee; following that, the right foot step backwards, the left knee bending and pushes forward to form left bow stance; at the same time, the right palm retracts to the right side of the waist and changes into a vertical palm and pushes forward immediately, the force exerted at the side of the little finger; the left palm moves down and changes to hook hand, then swings to the rear with the tip of the hook hand pointing up; look at the right palm. (Figure 80, Figure 81)

要点：退步和推掌协调一致，推掌发力顺肩，右腿蹬伸。

Key Points: The back step and the palm push should be well-coordinated and in unison. The palm push should exert the force through the shoulder to the palm; the right foot should be straightened.



图80
Fig. 80



图81
Fig. 81

28. 跳转身仆步切掌 Tiào Zhuǎn Shēn Pú Bù Qiè Zhǎng Jump and Turn Over, Landing in Crouching Stance with Chopping Palm

(1) 接上势，左右腿伸直，上体前俯；随即上体直立，重心移至左腿，右前脚掌着地；同时，右掌从下向上挑于头上方，掌心向里；左钩手置于身体左侧，钩尖向上；目视前方。（图 82、图 83）

(1) Following the previous movement, straighten both legs and bend the upper body downwards; following that, the upper body raises and straightens up, shift the body weight to the left leg, the right front sole steps down on the ground; at the same time, the right palm moves from the bottom and flick upwards till above the head with the palm facing inwards; the left hook hand positioned at the



left side of the body with the tip of the hook pointing up; look to the front. (Figure 82, Figure 83)

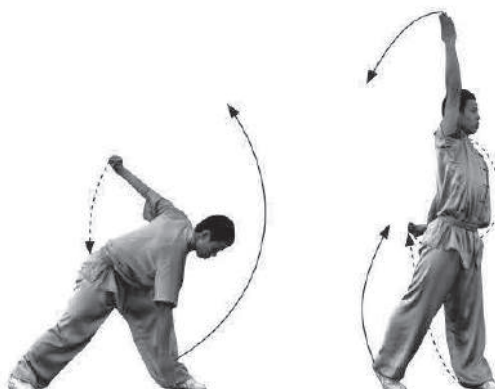


图82
Fig. 82

图83
Fig. 83

(2) 左脚蹬地跳起腾空，身体右后转 180°，右脚落地；随即右腿屈膝全蹲，左腿平铺前伸，成左仆步；同时，右掌从右向下直臂绕行，左臂屈肘后向上直臂弧形绕行至头上方；随即右臂由后向上立圆绕行一周向下切掌，掌指向前，左臂继续由上向右直臂弧形绕行，至右侧方屈肘置于右腋下屈腕，掌指向上；目视左前方。（图 84—图 86）

(2) Jump up with the left leg and turn the body 180 degrees to the right rear, lands with the right foot; following that, the right knee bends to a full squat, the left leg extended outwards to form a left crouching stance; at the same time, the right palm circles from the right downwards with the arm straightened, the left arm, after bending the elbow, extend and straighten, circles upwards till above the head; following that, the right arm swings from the back upwards in a vertical circle and chop down vertically with the fingers pointing to the front, the left arm continues to circle in an arc motion from the top to the right till positioning below the right armpit with the elbow bent and wrist flexed, and the fingers pointing up; look to the left front. (Figure 84 – Figure 86)

要点：腾空时两臂抡动要肩松、立圆，动作连贯。

Key Points: When circling the arms in the mid-air, the arms should be moving in vertical circle with the shoulder joints relaxed and the motion being continuous.



图84
Fig. 84



图85
Fig. 85



图86
Fig. 86

29. 弓步架冲拳 Gōng Bù Jià Chōng Quán

Bow Stance Upper Block and Forward Punch

(1) 接上势，身体右转；左腿伸直蹬地支撑，右腿屈膝抬起，小腿内收，右脚贴靠左腿；同时，左臂经左向上摆至右侧体前，右掌变拳由后向上弧线摆至右腰侧；目视前下方。（图 87）

(1) Following the previous movement, turn the body to the right; the left leg pushes into the ground for support, the right knee raises with the calf holding inwards, the right leg lean towards the left leg; at the same time, the left arm swings pass the left, upwards till position at the right front of the body, the right palm changes to fist, swings from the back and upwards in an arc motion and placed at the right side of the waist; look at the lower front. (Figure 87)



图87
Fig. 87

(2) 右脚向右前落步，右腿屈膝前弓，左腿伸直，成右弓步；同时，左手从体左侧上撑至头上方，掌心向上；右拳向前冲出，拳眼向上，高与肩平，力达拳面；目视前方。（图 88）

(2) The right foot drop and lands to the right front, bending the right knee and straightening the left leg to form a right bow stance; at the same time, the left hand rises from the left side of the body to above the head with the palm facing up; the right fist punches to the front at the shoulder level, with the eye of the fist pointing up, the force exerts at the face of the fist; look to the front. (Figure 88)

要点：弓腿时膝与脚背垂直，大腿保持水平，后腿扣脚蹬直，立拳前冲与弓步协调一致。

Key Points: While executing the bow stance, the right bending knee should be in vertical alignment with the face of the foot, the thigh should be in horizontal level to the ground, the hind leg should be straightened with the ankle flexed inwards. The forward punch and the bow stance should be completed in a coordinated manner and in unison.



图88
Fig. 88



30. 弓步贯拳 Gōng Bù Guàn Quán

Bow Stance Horizontal Swinging Punch

接上势，重心左移，成马步，上体微右转后向左侧倾；同时，左掌、右拳收至左右腰侧，左臂向左前伸直，右拳经前向左弧形摆至头部左前上方与左掌心相击，拳眼向下，力达拳面；目视右拳。（图 89、图 90）

Following the previous movement, shift the body weight to the left and form a horse stance, turns the upper body slightly right then leans to the left side; at the same time, the left palm and right fist both retract to the respective sides of the waist, following that, the left arm extend to the left front, the right fist moves from the front to the left in an arc motion and swings to the left upper front of the head slapping on the left palm with the eye of the fist pointing down, the force exerted on the face of the fist; look at the right fist. (Figure 89, Figure 90)

要点：弓腿时膝与脚背垂直，大腿保持水平，展体带臂，后腿扣脚蹬直。

Key Points: In the bow stance, the right bending knee should be in vertical alignment with the face of the foot below, the thigh should be in horizontal level to the ground, the hind leg should be straightened with the ankle flexed inwards. Extend the body to support the swinging of the arms.



图89
Fig. 89



图90
Fig. 90

31. 后扫腿 Hòu Sǎo Tuǐ

Back Sweep

接上势，上体右转前俯；左腿屈膝下蹲，右腿平铺，成右仆步；随即以左脚掌为轴，右脚尖内扣，脚掌擦地而后平扫一周 360°，力达踝关节外侧；同时，右拳变掌，两掌向右腿内侧地面插落，两掌推地，两臂随转体摆至体前；目视下方。（图 91）

Following the previous movement, the upper body turns right and bend down;



the left leg bend to a full squat and the right leg straightens to form a right crouching stance; following that, using the left front sole as a rotational pivot, the right leg with the toes turn inwards, sweeps to the right rear with the front sole touching the ground for a complete circle of 360 degrees, the force exerts on the external side of the ankle; at the same time, the right fist changes to palm, both palms drop to the ground near the inner side of the right leg and push off the ground, both arms position at the front of the body as the body rotates; look downwards. (Figure 91)

要点：收髋、挺膝，左脚脚跟提起全蹲旋转，右腿挺膝扫转，脚掌不离地。

Key Points: Retract the hip section and extend the knee joint. The left heel should be lifted in a full squat during the rotating movement. The right leg straightened as the body rotates and the sole should not lift off the ground.



图91
Fig. 91

32. 仆步亮掌 Pú Bù Liàng Zhǎng

Crouching Stance Flashing Palm

接上势，上体右转微前倾；左腿全蹲，右腿平铺接近地面，成右仆步；同时，左臂撑圆亮掌上举；右臂内旋后举，右手成钩，钩尖向上；目视右侧。（图 92）

Following the previous movement, the upper body turns right and lean forward slightly; the left leg fully squat and the right leg straightens to be close to the ground to form a right crouching stance; at the same time, the left arm rounded and raise up to form a flash palm; the right arm swing to the back with a hook hand with the tip of the hook pointing up; look to the right side. (Figure 92)

要点：挺胸、塌腰、右拧，亮掌、钩手配合要完整一致。



Key Points: Brace the chest, sink the waist, right twist of the body, flash palm and hook hand should be well-coordinated and completed in unison.



图92
Fig. 92



第三段 Section Three

33. 正踢腿 Zhèng Tī Tuǐ

Front Stretch Kick

(1) 接上势，重心左移；同时，右钩变掌由后经前向左摆至左膝前，掌心向里；左掌下落贴至右肘内侧；目视左下方。（图 93）

(1) Following the previous movement, shift the body weight to the left; at the same time, the right hook hand changes to palm, and swings from the back to the front, then to the left and positions in front of the left knee with the palm facing inwards; the left palm lowers and touches the inner side of the right elbow; look to lower left. (Figure 93)



图93
Fig. 93

(2) 重心上升并移至右脚，左脚上步；同时，右臂由下向后上立圆抡臂至头右上方，掌心向内；左臂由下向上立圆抡臂至身体左后侧，掌心向里；目视前方。（图 94、图 95）

(2) Raise the body upwards and shift the weight to the right leg, the left foot steps forward; at the same time, the right arm circles in a vertical circular path from the bottom backwards and up towards the upper right of the head with the palm facing inwards; the left arm circles in a vertical circular path from the bottom upwards to the left rear side of the body with the palm facing inwards; look to the front. (Figure 94, Figure 95)



图94
Fig . 94



图95
Fig . 95

(3) 上动不停，重心移至左脚，右腿伸直，脚尖勾起，向额前正踢腿，随即右脚落步并至左脚；同时，右臂向下成反臂钩手，钩尖向上；左臂向上成亮掌，掌心向前上方；目视前方。（图 96、图 97）

(3) Continue from the previous movement without stopping, shift the body weight to the left leg, the right leg straightens with the ankle flexed upwards and kick towards the forehead as a high raising stretched kick, following that, the right leg lowers and closed-up beside the left leg; at the same time, the right arm moves downwards and form a reverse hook hand with the tip of the hook pointing up; the left arm moves upwards to form a flash palm with the palm facing upwards to the front; look to the front. (Figure 96, Figure 97)

要点：左腿直立，收髋勾脚，右腿前踢至前额，力达脚尖。

Key Points: The left leg should be straightened, retracted the hip joint and flexed the ankle. The right leg should kick towards the forehead and touch it, the force should be exerted on the tip of the foot.



图96
Fig. 96



图97
Fig. 97

34. 燕势平衡 Yàn Shì Píng Héng Swallow Balance

(1) 接上势，右脚上步，随即左脚收至右脚内侧，脚尖点地后两腿屈膝半蹲；同时，两掌向内收至胸前交叉，右掌在外，左掌在内，两掌心均向外，指尖向上；目视前方。（图 98、图 99）

(1) Following the previous movement, the right foot steps forward, followed by the left foot steps to the inner side of the right foot with the toes tipping on the ground, then bend both knees to a half squat; at the same time, the two palms retract inwards to the front of the chest and crossing each other with the right hand on the outside and the left hand on the inside, both palms facing outwards with the fingers pointing up; look to the front. (Figure 98, Figure 99)



图98
Fig. 98



图99
Fig. 99



(2) 上体前俯；右腿伸直独立支撑，左腿屈膝向后抬起，再向后上方伸直，脚面绷平，脚高于头；同时，两掌向左右两侧分开，高与肩平，掌心向外，指尖斜向上；头微上仰，目视前方。（图 100）

(2) The upper body leans forward; the right leg straightens and provide independent support, the left leg raises backwards with the knee bent, and then straightens towards the upper rear with the face of the foot flattened, and the foot to be higher than the head level; at the same time, the two palms parted to the respective side of the body at the shoulder level with both palm facing outwards and fingers pointing slanting upwards; the head slightly tilted upwards, look to the front. (Figure 100)

注：燕势平衡属持久性平衡，静止时间不得少于 2 秒钟。

Note: The swallow balance is categorized as the prolong balancing stance, thus the time for maintaining the balance pose should not be less than two seconds.

要点：右腿直立，上体前倾呈水平，塌腰、收臀，力达腰背。

Key Points: The right leg should be straightened, the upper body leaned forward to a horizontal level. Sink the waist, tuck in the buttocks. Force exerted on the back of the waist.



图100
Fig. 100

35. 弓步十字拳 Gōng Bù Shí Zì Quán

Bow Stance Left Forward Punch and Right Backward Punch

(1) 接上势，左脚向前落步，身体前俯；随即左脚蹬地腾空，右腿屈膝上提，左腿垂直；同时，两臂向下、向里摆至体前交叉，两掌心向内；随即左掌向右经上向左侧立圆划弧，右掌向下、向右上划弧；目视前方。（图 101、



图 102)

(1) Following the previous movement, the left foot lands forward, lean the body forward; immediately jump with the left leg and raise the right knee, keep the left leg straighten; at the same time, both arms lower and cross in front of the body with the palm facing inwards; following that, the left palm swing in an arc motion from the right to the upper left side, the right palm swings in an arc motion from the bottom to the upper right; look to the front. (Figure 101, Figure 102)



图101
Fig. 101



图102
Fig. 102

(2) 左脚先下落，随即右脚向前落步，右腿屈膝半蹲，左腿伸直，成右弓步；上体右转；同时，左掌向下经左向右划弧摆至右肩前；右掌变拳从体左侧由下向右摆至身体右侧，拳眼向上，高与肩平；目视右后方。（图 103、图 104）

(2) The left leg lands first, immediately the right leg lands in front of it with the knee bend to a half squat, the left leg straightens to form a right bow stance; the upper body turns right; at the same time, the left palm swings in an arc motion from the bottom passes the left and to the right, position it in front of the right shoulder; the right palm changes to fist swing from the left side of the body downwards to the right and positions at the right side of the body at the shoulder level, with the eye of the fist pointing up; look to the right rear. (Figure 103, Figure 104)



图103
Fig. 103



图104
Fig. 104

(3) 上体左转；同时，左掌变拳，随左臂由屈到伸向身体左侧冲出，拳眼向上，高与肩平，力达拳面；目视左前方。（图 105）

(3) Turn the upper body to the left; at the same time, the left palm changes to fist, following that the left arm straightening and punch to the left side at the shoulder level, with the eye of the fist pointing up, the force exerted at the face of the fist; look to the left front. (Figure 105)

要点：上肢动作幅度大舒展，先向右后摆拳，后再左冲拳；下落动作轻巧，弓步稳固，上下肢动作协调配合。

Key Points: The movements of the upper limbs should be expansive and wide in range, swing the right hand to the right rear first, then follow by the left punch. The landing should be agile and light; the bow stance should be sturdy and stable. The movements of the upper and lower limbs should be harmonized and well-coordinated.



图105
Fig. 105

36. 弓步左冲拳 Gōng Bù Zuǒ Chōng Quán

Bow Stance Left Forward Punch

(1) 接上势，右弓步不变；右拳变掌，由右向上经头顶按于左肩内侧，手



指向上；目视左侧。（图 106）

(1) Following the previous movement, the right bow stance remains intact; the right fist changes to palm, and moves from the right upwards, passes the top of the head and presses down to the inner side of the left shoulder, with the fingers pointing up; look to the left side. (Figure 106)



图106
Fig. 106

(2) 右掌经左前臂上方向前、向下弧形按转一周；同时，左拳后收再向前冲击，高与肩平，拳眼向上，力达拳面；右掌附于左肘内侧；目视左侧。（图 107）

(2) The right palm moves above the left arm to the front and then presses downwards in a complete circular motion; at the same time, the left fist retracts and punches again to the front at the shoulder level, with the eye of the fist pointing up and the force exerted on the face of the fist; the right palm positions on the inner side of the left elbow; look to the left side. (Figure 107)

要点：弓腿时膝与脚背垂直，大腿保持水平，后腿扣脚蹬直，左拳右掌协调一致。

Key Points: In the bow stance, the right bending knee should be in vertical alignment with the face of the foot below, the thigh should be in horizontal level as the ground, the hind leg should be straightened with the ankle flexed inwards. The movements of the left fist and the right palm should be well-coordinated.



图107
Fig. 107

37. 提膝挑掌 Tí Xī Tiāo Zhǎng

Knee Raise Palm Flick

接上势，重心右移，上体右转；左拳变掌由左向上至右，掌心向里，右掌变拳回收于右腰侧；随即身体左转，重心左移；左腿直立，右腿屈膝上提；同时，左掌由右向下立圆抡臂摆至左腰侧；右拳变掌前伸，由下向左划弧上挑，力达小指一侧；目视右前方。（图 108—图 110）

Following the previous movement, shift the body weight to the right and turn the upper body right; the left fist changes to palm, swings upwards from the left follow by downwards to the right with the palm facing inwards, the right palm changes to fist and retracts to sight side of the waist; following that, the body turns left and shift the body weight to the left; the left leg straightens and raise the right knee; at the same time, the left palm circles in a vertical circular motion from the right downwards and positions at the left side of the waist; the right fist changes to palm and extends forward, lifting from the bottom to the left as a flick palm, the force exerted on the side of the little finger; look to right front. (Figure 108 – Figure 110)

要点：转身提膝快速敏捷，支撑稳定；收左拳、挑右掌协调一致。

Key Points: The turning of the body and knee raise should be swift and agile; the supporting leg should be stable. The movements of retracting the left fist and right flicking palm should be well-coordinated and in unison.



图108
Fig. 108



图109
Fig. 109



图110
Fig. 110

38. 弧形步 Hú Xíng Bù Curved Gliding Steps

(1) 接上势，上肢动作不变；右脚向右前落地外摆，右腿屈膝前弓，左腿自然伸直；随即左脚向前上步内扣，重心前移，右脚跟提起，两腿微屈；目视右前方。（图 111、图 112）

(1) Following the previous movement, the upper limbs posture remains intact; the right foot lands to the right front with the toes turning outwards, the right knee pushes forward, the left leg straighten naturally; following that, the left foot step steps forward with the toes turns inwards and shifting the body weight forward, the right heel lift off the ground. Both legs slightly bent; look to the right front. (Figure 111, Figure 112)



图111
Fig. 111



图112
Fig. 112

(2) 上肢动作不变；右脚、左脚继续向右前弧形上步，右脚尖外摆，左脚脚尖内扣；身体随上步右转；目视右掌前方。（图 113、图 114）

(2) The upper limbs posture remains intact, the right foot and the left foot continue to move to the right in an arc path, with the right toes turning outwards and the left toes turning inwards; the body, following the steps, turns to the right; look to front of the right palm. (Figure 113, Figure 114)

要点：右腿屈膝前弓，左腿屈膝上步，重心前移平稳，向右前弧形步连绵不断，步行身随。

Key Points: The right knee should be bending forward, the left knee should be bending while stepping forward, the body core should be stable and level during the moving of the steps. The curved-path steps should be continuously in motion and the body shifts as the steps move.



图113
Fig. 113



图114
Fig. 114

39. 扣腿双摆掌 Kòu Tuǐ Shuāng Bǎi Zhǎng

Rear Cross-legged Balance Double Swinging Palm

接上势，右脚前抬回落至身体右后方，左腿屈膝提起；左脚扣于右膝腘窝处，右腿屈蹲支撑；同时，左拳变掌由后下、向前上弧形上挑；随即两掌



由左侧向上、向右弧形摆举，右臂伸直，左臂屈至右肩前，手指均向上，摆掌力达小指一侧；目视右手。（图 115、图 116）

Following the previous movement, the right foot raises to the front and lands on the rear right of the body, raise the left knee; the left leg locks against the back socket of the right knee, while the right leg half squat to balance; at the same time, the left fist changes to palm swing from the bottom to the front in an arc motion to an uplifting palm; following that the both palms swing from the left side upwards, to the right, in an arc motion, with the right arm straightens, the left arm bent and positions in front of the right shoulder. The fingers of both hands pointing up. The force exerted on the side of the little finger; look to the right hand. (Figure 115, Figure 116)

要点：右腿屈膝半蹲接近水平，左腿脚尖勾起紧扣于右膝腘窝处；上体直立，右肘关节微屈。

Key Points: The right knee should bend to nearly a horizontal level; the left ankle should lock securely against the back socket of the right knee; keep the upper body upright; the right elbow slightly bent.



图115
Fig. 115



图116
Fig. 116

40. 击步劈打 Jī Bù Pī Dǎ

Slapping Step Hammer Strike

(1) 接上势，左脚向左侧踏出一步，上肢动作不变，两腿弯曲；随即右脚蹬地腾空击碰左脚，右脚、左脚依次落地，两腿弯曲，成马步；目视右侧方。（图 117—图 119）

(1) Following the previous movement, the left foot take a step to the left side, the upper limb posture remains unchanged, both knees bent; following that, the right leg jump up and hit the left leg in the mid-air, then the right foot and the left



foot lands respectively with both knees bend to a horse stance; look to the right side. (Figure 117 – Figure 119)



图117
Fig. 117



图118
Fig. 118



图119
Fig. 119

(2) 身体左转，重心左移；左脚蹬地腾空垫步，随即右脚上步；同时，左掌经胸前向左上横抹，右手由后经上弧形向前下抡劈；随即左手由前向下弧形抓握，两臂交叉于左腹前；目视两掌。（图 120—图 122）

(2) The body turns left, shift the body weight to the left; the left leg jump to perform a skip step, following that, the right foot steps forward; at the same time, the left palm swipe horizontally from the front of the chest to the left, the right hand swing from the back upwards in an arc motion and chop down to the front; following that, the left hand moves in an arc motion from the front and grasp downwards. Both arms crossed at the left front of the abdomen; look at the two palms. (Figure 120 – Figure 122)

要点：抡劈掌由上向下呈立圆，肩松、步活，动作开合舒展。

Key Points: The wheeling chop should be moving in a vertical circle from the top downwards, with the shoulders relaxed. The footwork should be agile; the entire movement should be expansive with the graceful extending and contracting movements.



图120
Fig. 120



图121
Fig. 121



图122
Fig. 122

41. 弓步靠掌 Gōng Bù Kào Zhǎng

Bow Stance Leaning Palm

接上势，左腿蹬伸转髋伸直，左脚内扣，右腿屈膝前弓，成右弓步；身体右转；同时，右臂伸直，由下经左弧形向右上靠挑，掌心向上，力达右臂外侧；左手左下举，臂成斜形，掌心向下，掌指斜向右前；目视右手。（图123）

Following the previous movement, the left leg straightens with turning the hip and turning the toes inwards, the right knee pushed forward to form a right bow stance; the body turns right; at the same time, the right arm straightens, by passing the left, swings from the bottom to the upper right to perform a leaning strike, with the palm facing up, and the force exerted on the side of the right arm; the left hand lowers to the left, forming a diagonal line, with the palm facing down and the fingers pointing slanting to the right front; look at the right hand. (Figure 123)

要点：劲力顺达，转髋带臂，上下肢配合协调一致。

Key Points: The exertion of the force should be smooth. Turn the hip to initiate the arm swing. The movements of the upper and lower limbs should be well-coordinated and in unison.



图123
Fig. 123

42. 弓步双钩手 Gōng Bù Shuāng Gōu Shǒu

Bow Stance Double Hook

接上势，身体左转，重心左移；左腿屈膝前弓，成左弓步，上体微前倾；同时，右臂随转体由右经上向下、向后反臂钩手，左手经下向后反臂后撑成钩手；目视前方。（图 124）

Following the previous movement, turn the body and shift the body weight to the left; bend the left knee and pushes forward to form a left bow stance, the upper body lean forward slightly; at the same time, the right arm, following the body turn, swings from the upper right, through the bottom to the rear and rotates to a reverse hook hand, the left hand swings downwards and lifts to the rear to form a hook hand; look to the front. (Figure 124)

要点：转身以髋为轴，两臂后举，钩尖向上，挺胸立腰。

Key Points: The body turn should make use of the hip section as the rotational axis; both arms lift to the back with the tip of the hook pointing up; brace the chest and straighten the back.



图124
Fig. 124



43. 垫步蹬腿 Diàn Bù Dēng Tuǐ

Skiping Step Heel Kick

右腿屈膝提起，随即右脚跟向前蹬伸，脚尖向上；左脚向前跳进一步，左腿微屈；同时，右钩变拳，由后经下向上直臂摆挑至头右上方；左钩变掌，直臂向前推击，手指向上，力达小指一侧；目视前方。（图 125）

Bend the right knee and lift up, following that, the right leg straightens and perform a heel kick to the front with the toes pointing up; the left foot skip forward one step with the knee slightly bent; at the same time, the right hook hand changes to fist, the right arm straightens and swings from the back downwards and then uplifts to the upper right of the head; the left hook hand changes to palm and straightens the arm to strike forward with the fingers pointing up, the force exert on the side of the little finger; look to the front. (Figure125)

要点：垫步快速，右腿蹬至水平，收髋立身，上下配合协调完整。

Key Points: The skipping step should be swift, the right heel kick reaches a horizontal level, retract the hip and keep the body upright, the upper and lower movements of the limbs should be harmonized, well-coordinated and in unison.



图125
Fig. 125

44. 弓步劈拳 Gōng Bù Pī Quán

Bow Stance Hammer Punch

接上势，右脚向前落地，右腿屈膝前弓，成右弓步；同时，右拳由上向前下劈打，直臂，高与肩平，拳眼向上；左手托至右前臂；目视前方。（图 126）

Following the previous movement, the right foot lands to the front and



bending the knee to form a right bow stance; at the same time, the right fist from the top hammers down to the front at the shoulder level, with the arm straight and the eye of the fist pointing up; the left hand lifts to support the right fore arm; look to the front. (Figure 126)

要点：劈拳、托掌协调用力，完整一致。

Key Points: The movements of the hammer fist and the lifting palm should coordinate the use of strength in a harmonious way and in unison.



图126
Fig. 126

45. 马步托打 Mǎ Bù Tuō Dǎ

Horse Stance Palm Lift and Punch

(1) 接上势，左脚蹬地，重心前移，左脚贴扣至右膝腘窝处；身体微右转；同时，左掌心向上，向体前平托；右拳收于右腰侧，拳心向上；目视左手。
(图 127)

(1) Following the previous movement, the left foot pushes the ground and shift the body weight forward, the left foot moves to lock against the back socket of the right knee; turn the body slightly to the right; at the same time, the left palm facing up, lift to the front horizontally; the right fist retract to the right side of the waist with the heart of the fist facing up; look to the left hand. (Figure 127)



图127
Fig. 127

(2) 左脚向左侧落地，两腿屈膝半蹲，成马步；同时，右拳前冲，直臂，高与肩平，拳眼向上；左掌由前向上收至右肩内侧，掌指向上；目视前方。
(图 128)

(2) The left foot lands to the left side, bending both knees to form a horse stance; at the same time, the right fist punches forward at shoulder level, with the eye of the fist pointing up; the left palm moves upwards and retracts to the inner side of the right shoulder, with the fingers pointing up; look to the front. (Figure 128)

要点：上托掌要敏捷，眼随手动，冲拳快速，落步协调。

Key Points: The movement of the lifting palm should be agile; the direction of vision follows the hand movements. The forward punch should be quick. The landing step should be well-coordinated with the other movements.



图128
Fig. 128

46. 插步抓肩 Chā Bù Zhuā Jiān

Back Cross Step Shoulder Grab

接上势，右脚蹬地，重心左移，右脚沿左腿后向左插步，前脚掌着地，



脚跟提起，两腿交叉弯曲；身体左转；同时，左掌变钩，反臂后举，钩尖向上；右手由前向上、向左抓握左肩；目视左侧。（图 129）

Following the previous movement, the right foot pushes the ground and shift the body weight to the left, the right leg then moves pass the back of the left foot and steps to the left to form a left cross stance with the front sole stepping on the ground and the heel lifted, both knees crossed and bend; at the same time, the left palm changes to hook hand and lifts backwards to form a reverse hook hand with the tip of the hook pointing up; the right hand moves from the front upwards to the left, and grasp on the left shoulder top; look to the left side. (figure 129)

要点：上体直立，抓握有力，步法轻灵敏捷。

Key Points: Keep the body upright; the grasping hand should be forceful; the footwork should be light, agile and swift.



图129
Fig. 129

47. 马步架打 Mǎ Bù Jià Dǎ

Horse Stance Upper Block and Strike

(1) 接上势，重心右移，身体右转；左脚向左横迈一步，右腿屈膝前弓，成右弓步；同时，左钩手变拳，由后下经体前向右上弧形格肘，拳心向内；右掌变拳收回至右腰侧；目视左拳。（图 130）

(1) Following the previous movement, shift the body weight to the right and turn the body to the right; the left foot steps one step to the left side, the right knee bend and pushes forward to form a right bow stance; at the same time, the left hook hand changes to fist, and moves from the lower rear passing the front of the body in an arc motion and perform an elbow block to the upper right side, with the heart of the fist facing inwards; the right palm changes to fist retracts to the



right side of the waist; look to the left fist. (Figure 130)



图130
Fig. 130

(2) 右脚蹬地，身体左转，左腿屈膝前弓，成左弓步；同时，右拳向左冲出，直臂，高与肩平，拳眼向上，拳心向左；左拳收回左腰侧，拳心向上；目视右拳。（图 131）

(2) The right foot pushes the ground, the body turns left, the left knee bend and pushes forward to form a left bow stance; at the same time, the right fist straightened and punches to the left side at shoulder level, with the eye of the fist pointing up and the heart of the fist facing left; the left fist retracts to the left side of the waist with the heart of the fist facing up; look to the right fist. (Figure 131)



图131
Fig. 131

(3) 左脚蹬地，重心右移，身体右转，成马步；同时，右臂向上横架，拳眼斜向下；左拳向左侧冲击，直臂，高与肩平，拳眼向上；目视左侧。（图 132）

(3) The left foot pushes the ground and shift the body weight to the right, the body turns right and form a horse stance; at the same time, the right arm rises to block upwards with the eye of the fist pointing slanting down; the left fist straightened and punches to the left side at the shoulder level, with the eye of the



fist pointing up; look to the left side. (Figure 132)

要点：动作连贯不停顿，转换快速协调，力点准确顺达。

Key Points: The entire set of movements should be continuous without pausing; the turning movements should be swift and well-coordinated; the force exertion should be accurate and smooth.



图132
Fig. 132



第四段 Section Four

48. 提膝架掌 Tí Xī Jià Zhǎng

Knee Raise Upper Palm Block

接上势，重心右移；右腿直立，左腿屈膝提起；同时，左右拳变掌由上下落于右腰侧，上体微右转；随即上体左转，随提膝右掌向右上方推出，右臂撑圆，掌心向上；左掌向左推出，高与肩平，掌心向左，力达小指一侧；目视左侧方。（图 133、图 134）

Following the previous movement, shift the body weight to the right; the right leg straightens and the left knee bend and lifted up; at the same time, both fists change to palms and lower to the right side of the waist, the upper body turns slightly to the right; immediately the body turns left, following the knee raise, the right palm pushes up at the right side with the arm rounded and the palm facing up; the left palm pushes to the left side at the shoulder level with the palm facing left, the force exerts at the side of the little finger; look to the left side. (Figure 133, Figure 134)

要点：立身转腰，左腿提膝时小腿内扣，气息下沉，独立支撑稳固。

Key Points: The straightening of the body and the body turn should be well-coordinated; in the left knee raise, the calf should be retracted inwards; the breadth should sink, and the single balancing support should be stable and steady.



图133
Fig. 133



图134
Fig. 134



49. 提膝冲拳 Tí Xī Chōng Quán

Knee Raise and Punch

(1) 接上势，左脚向左前方落步，脚尖外展；随即右脚向前上步；上体左转；同时，右掌变拳收至右腰侧；目视左掌。（图 135）

(1) Following the previous movement, the left foot landed to the left front with the toes turning outwards, following that, the right foot steps forward; the upper body turns left; at the same time, the right fist changes to palm and retracts to the right side of the waist; look at the left palm. (Figure 135)



图135
Fig. 135

(2) 身体左转；右腿直立，左腿屈膝提起；同时，右拳向右冲出，拳心向下，高与肩平；左掌收于右肩前成立掌；目视右拳。（图 136）

(2) The body turns left; the right leg straightens, bend the left knee and lifts upwards; at the same time, the right fist punches to the right at the shoulder level with the heart of the fist facing down; the left palm retracts to the front of the right shoulder as a vertical palm; look to the right fist. (Figure 136)

要点：左腿提膝过腰，上体正直，冲拳顺达，力达拳面。

Key Points: The left knee raise should be higher than the waist level; keep the body upright; the punch should be smooth and forceful, and the force exerts on the face of the fist.



图136
Fig. 136

50. 旋子 Xuàn Zi

Butterfly Kick

(1) 接上势，身体左转 90°；左脚向左落步，脚尖微外展；两臂向两侧平摆，两掌心均向下；随即右脚向左前方上步，脚尖内扣，身体继续左转 180°；两臂随转体继续平摆；目视前方。（图 137、图 138）

(1) Following the previous movement, the body turns 90 degrees to the left; the left foot lands to the left side with the toes pointing outwards; the two arms swing out horizontally to the respective sides with the palm facing down; following that, the right foot steps to the left front with the toes pointing inwards, the body continues to turn 180 degrees to the left; both arms continue to swing as the body turns; look to the front. (Figure 137 Figure 138)



图137
Fig. 137



图138
Fig. 138

(2) 身体左转 90°；左脚向右后方撤步，前脚掌着地，重心移至右腿屈膝；随即上体向左后拧转前俯，左脚蹬地腾空，右脚向后上摆起，左腿随之摆起；两臂随腾空向左后平摆；头上仰，目视前方。（图 139、图 140）



(2) The body continue to turn 90 degrees to the left; the left foot steps behind the right foot with only the front sole touching the ground, shift the body weight to the right leg, bend the right knee; following that, the upper body twist and turns to the rear left and bend downwards, the left leg jumps upwards, the right leg swings upward at the back of the body, then follow by the left leg; both arms swings horizontally from left to right following the jumping movement; raise the head, look to the front. (Figure 139, Figure 140)

要点：起跳转身提髋，空中腿伸直展体，塌腰仰头。

Key Points: The launching jump and the body turn should lift the hip section. In mid-air, the legs should be straightened, the body extended, sink the back, and raise the head.



图139
Fig. 139



图140
Fig. 140

51. 坐盘 Zuò Pán

Cross Legged Sitting

(1) 接上势，右脚先下落，左脚随后落于右腿后方；两臂随之下落。（图141）

(1) Following the previous movement, the right foot lands first, follow by the left foot landing behind the right foot; both arms following that lower downwards. (Figure 141)



图141
Fig. 141

(2) 身体向左后转 360°；两腿交叉叠拢下坐，臀部和右腿的大小腿外侧及脚面均着地；同时，两臂随转体向左平摆至右胸前，两掌十字交叉，右掌在外，掌尖均向上；头向左转，目视左方。（图 142）

(2) The body turns 360 degrees to the rear left; both legs crossed and sit down on each other, the buttock, the outer sides of the right thigh and calf, and the face of the right foot are touching the ground; at the same time, the two arms, following the body turn, swings left horizontally to the front of the right chest, crossing each other with the right palm on the outside, the fingers of both palms are pointing upwards; turn the head to the left, look to the left side. (Figure 142)

要点：左腿屈膝，在右腿上方横盘贴近胸部，身体前倾向左拧转、塌腰。

Key Points: The left knee should be bending and crossing sideward above the right leg and touches against the chest; the body should lean forward and twist to the left; sink the back.



图142
Fig. 142



52. 外摆腿击响 Wài Bǎi Tuǐ Jī Xiǎng

Outward Crescent Slap Kick

(1) 接上势，重心上升，左右脚并步，身体直立；同时，右掌下摆至腹前在外，掌心向里；左掌摆至右腋下；目视右下方。（图 143）

(1) Following the previous movement, rise upwards and straighten the body, both feet close in together; at the same time, the right palm moves down to the abdomen with the palm facing inwards; the left palm moves under the right armpit; look to the lower right. (Figure 143)

(2) 右脚向右前方上步，重心前移；同时，左掌向左撩出，高与肩平，掌心向外；右掌经前下向左上立圆撩至右侧，高与肩平，掌心向外；目视左掌。（图 144）

(2) The right foot steps to the front right and shift the body weight forward; at the same time, the left palm swings to the left side to the shoulder level with the palm facing outwards; the right palm swings up in a vertical circle from the lower front to the left and then to the right side, at the shoulder level with the palm facing outwards; look to the left palm. (Figure 144)



图143
Fig. 143



图144
Fig. 144

(3) 左脚向前上步，重心前移，右脚前脚掌着地，同时，上体左转；右掌向下、向上挑至左肩前，两掌心向外；随即左腿伸直，右脚面绷平，向左、向上、向右摆动至面前时，左右手依次击拍脚面；目视右脚。（图 145、图 146）

(3) The left foot steps forward and shift the body weight forward, with only



the right front sole touching the ground, at the same time, the body turns left; the right palm swings down and lifts upwards to the front of the left shoulder; both palms are facing outwards; following that, the left leg straightens with the face of the foot flattened, swings upwards to the left and then to the right, the left and right hand slaps on the face of the foot sequentially as the foot passes the front of the face; look to the right foot. (Figure 145, Figure 146)



图145
Fig. 145



图146
Fig. 146

(4) 右脚下落，与左脚并步；同时，两掌分别落于左右侧，高与肩平，两掌心均向外；目视左侧。（图 147）

(4) The right foot lands and closes in with the left foot; at the same time, both palms parted and lower to the respective sides of the body at the shoulder level, with the palms facing outwards; look to the left side. (Figure 147)

要点：左腿直立，全脚着地；收腹展体，外摆腿击响过肩，击拍准确。

Key Points: The left leg should be straightened and fully stepped onto the ground; tuck the abdomen and extend the body; the slap of the lotus kick should be higher than the shoulder and the slap must be precise.



图147
Fig. 147

53. 打虎势 Dǎ Hǔ Shì

Tiger Taming Form

接上势，两脚外分，右腿屈膝前弓，左腿伸直，成右弓步；同时，右臂向下、向上内旋屈肘上撑，拳心斜向上；左臂内旋向下屈肘下撑，拳心向下；目视左前方。（图 148）

Following the previous movement, both feet separate outwards, the right knee bends and pushes forward, the left leg straightens to form a right bow stance; at the same time, the right arm moves down and rotates inwards with elbow bent lifting upwards, with the heart of the fist facing upwards slanting; the left arm rotates inwards, with elbow bent, moves down and presses downwards, with the heart of the fist facing down; look to the left front. (Figure 148)

要点：挺胸立身转腰，两臂撑圆，力达前臂外侧。

Key Points: Brace the chest, body upright and turn the waist; both arms should be rounded and the force exerted should be at the external sides of the forearm.



图148
Fig. 148



54. 弓步顶肘 Gōng Bù Dǐng Zhǒu

Bow Stance Elbow Jab

(1) 接上势，左脚蹬地，重心右移，右脚震地下踏，左腿屈膝后贴至右膝腘窝处；身体右转；同时，两拳变掌，右臂向右下摆至体右侧，臂伸直，掌心向上；左掌上挑至右胸前，掌心向下；目视右掌。（图 149）

(1) Following the previous movement, the left foot pushes the ground and shift the body weight to the left, the right foot stamps on the ground, the left knee bends and moves to lock against the back socket of the right knee; turn the body to the right; at the same time, both fists changes to palms, the right arm straightens and swings downwards to the right side of the body, with the heart of the palm facing up; the left palm lifts up to the front of the right chest with the palm facing down; look to the right palm. (Figure 149)



图149
Fig. 149

(2) 左脚向左侧落步，身体左转，左腿屈膝前弓，右腿伸直，成左弓步；同时，左掌变拳，右臂屈肘，右掌心贴于左拳面，助推左肘尖向左侧顶出；目视前方。（图 150）

(2) The left foot steps to the left, the body turns left, the left knee pushes forward and right leg straightens to form a left bow stance; at the same time, the left palm changes to fist, the right elbow bends, the right palm touches against the face of the left fist, the right arm help to push the left elbow to jab towards the left side; look to the front. (Figure 150)

要点：弓腿时膝与脚背垂直，大腿保持水平，后腿扣脚蹬直，松腰转髋，力达肘尖。



Key Points: In the bow stance, the right bending knee should be in vertical alignment with the face of the foot below, the thigh should be in horizontal level to the ground, the hind leg should be straightened with the ankle flexed inwards. During the process of elbow jab, the waist should be relaxed, twist the hip section, the force exerts on the tip of the left elbow.



图150
Fig. 150

55. 抡臂砸拳 Lūn Bì Zǎ Quán

Arm Circling Smashing Fist

(1) 接上势，重心上升，身体右转；右腿支撑，左脚向右收回，前脚掌着地；同时，右臂屈肘下落至右腰侧；左拳变掌，随即左臂前伸下落，经体前立圆摆至右臂上方；目视左掌。（图 151）

(1) Following the previous movement, rise the body and turn to the right; the right leg provides the support and the left leg retract to the right with the front sole touching the ground; at the same time, the right arm, bending the elbow, lowers to the right side of the waist; the left fist changes to palm, extends immediately and swings from the bottom in a vertical circle, passes the front of the body and positions above the right arm; look to the left palm. (Figure 151)



图151
Fig. 151

(2) 身体左转；左脚跟内转落实，重心移至左腿，右腿屈膝上提；同时，左臂向上、向左立圆摆至左侧，与肩同高，掌指向上；右臂经腹前向右、向上立圆摆至头部右上方成拳，拳面向上；目视前方。（图 152）

(2) Turn the body to the left; the left heel turns inwards and steps down onto the ground, shifts the body weight to the left leg, bend and lift up the right knee; at the same time, the left arm swings in a vertical circle, upwards to the left side at the shoulder level with the palm fingers pointing up; the right arm swings pass the front of the abdomen to the right and upwards to the upper right above the head, with the face of the fist facing up; look to the front. (Figure 152)



图152
Fig. 152

(3) 左右脚蹬地下落震踏，两腿屈膝半蹲；同时，左臂摆至腹前，掌心向上；右臂屈肘，右拳背向下砸击左掌心；目视右拳。（图 153）



(3) The left and right foot push off the ground and stamp down with both knees bending to a half squat; at the same time, the left arm moves to the front of the abdomen with the palm facing up; the right arm, bending the elbow, lowers down with the back of the fist facing down, and smashes on the left palm; look to the right fist. (Figure 153)

要点：收腹立身，右拳五指卷紧，拳面要平，砸拳完整准确。

Key Points: Tuck the abdomen and keep the body upright; hold the right fist with the five fingers tightly curled in and the face of the fist should be flat; the smashing fist should be complete and accurate.



图153
Fig. 153

56. 虚步挑掌 Xū Bù Tiāo Zhǎng

Empty Stance Palm Flick

(1) 接上势，重心上升，身体右转；右脚向右斜后方退步，随即左脚并至右脚；同时，右拳变掌上摆至头上方，掌心向上；左掌收至左腰后侧；目视前方。（图 154）

(1) Following the previous movement, raise up and turn the body to the right; the right foot steps backwards diagonally to the right, immediately the left foot close in with the right foot; at the same time, the right fist changes to palm and rises above the head with the palm facing up; the left palm retract to the left side of the back; look to the front. (Figure 154)



图154
Fig. 154

(2) 右腿屈膝半蹲，左脚向左前方上步，脚尖着地，成左虚步；同时，右掌变钩手，下摆至右后上方，钩尖向下；左掌由下向上划弧挑至左膝上方，掌指向上，力达小指一侧；目视前方。（图 155）

(2) The right knee bends to a half squat, the left foot steps to the front left with the toes tip-toeing on the ground to form a left empty stance; at the same time, the right palm changes to hook hand, swings down to the rear upper side with the tip of the hook pointing down; the left palm swings from the bottom and flick upwards above the left knee, with the fingers pointing up, the force exerts on the side of the little finger; look to the front. (Figure 155)

要点：立身挺胸塌腰，右腿屈膝下蹲松胯，左腿微内旋。

Key Points: Keep the body upright, brace the chest and sink the back; the right knee bending to the half squat should maintain a relaxed hip joint, the left leg rotates slightly inwards.



图155
Fig. 155



57. 转身云手 Zhuǎn Shēn Yún Shǒu

Turn Body Horizontal Palm Circling

(1) 接上势，左脚撤步至右腿后侧，前脚掌着地；同时，左掌由下向上、右掌由上向下弧形合至腹前，两手腕交叉，右掌在上，掌心向下，左掌在下，掌心向上；目视两掌。（图 156）

(1) Following the previous movement, the left foot retracts to the back of the right foot, with the front sole stepping on the ground; at the same time, the left palm moves upwards from the bottom, the right palm moves downwards from the top, both in an arc motion to the front of the abdomen, and crossing both wrists with the right palm on top of the left palm, the right palm facing down and the left palm facing up; look at the both palms. (Figure 156)



图156
Fig. 156

(2) 以左前脚掌为轴支撑拧转，身体左后转 180°，右脚随即贴扣至左膝腘窝处；同时，以腕关节为轴，两掌向左上方绞一腕花；目随视两掌。（图 157）

(2) Using the front sole of the left foot as the support and rotational axis, rotates the body 180 degrees to the rear left, the right foot immediately moves to lock against the socket at the back of the left knee; at the same time, using the wrist as the rotational axis, the two palms rotate in a horizontal circle at the upper left side; the vision follows the movements of the two palms. (Figure 157)



图157
Fig. 157

(3) 右脚向右侧落步，两腿屈膝，成马步；同时，两手腕交叉下落于腹前，左掌在上，掌心向下，右掌在下，掌心向上；目视两掌。（图 158）

(3) The right foot lands to the right side, bending both knees to form a horse stance; at the same time, the two wrists crossed and lowers to the front of the abdomen, with the left palm on top of the right palm, the left palm facing down and the right palm facing up; look at the two palms. (Figure 158)

要点：眼随手动，身随步活，转换柔顺。

Key Points: The vision follows the movements of the hands; the body shifts as the steps moves; the turning of the wrists should be gentle and smooth.



图158
Fig. 158

58. 并步摆拳 Bìng Bù Bǎi Quán

Closed Step Horizontal Swinging Fist

接上势，左脚蹬地，身体右转，左脚向右脚迅速并拢，身体微左转；同时，左掌变拳，与右掌横撑至身体左右两侧，与肩同高；目视左前方。（图 159）

Following the previous movement, the left foot pushes the ground and the body turns to the right, the left foot quickly closes in to the right foot, with the



body turning slightly to the left; at the same time, the left palm changes to fist, and with the right palm, extend horizontally together to the respective sides of the body at the shoulder level; look to the left front. (Figure 159)

要点：左脚向右脚并拢迅速，左右臂呈弧线向外格挡，两臂外撑。

Key Points: The left foot closes in with the right foot should be swift; both arms should move in an arc motion while extending to the sides to execute the outer block; both arms should extend outwards with pushing motion.



图159
Fig. 159

59. 收势 Shōu Shì

Ending Position

接上势，左脚向左前方上步，右脚并至左脚；同时，两臂自然下落至身体两侧；目视前方。（图 160）

Following the previous movement, the left foot take a step to the left front, the right foot moves to close in with the left foot; at the same time, both arms lowers and placed naturally to the respective sides of the body; look to the front. (Figure 160)

要点：挺胸收腹，自然调息。

Key Points: Brace the chest, tuck in the abdomen; regulate the breath naturally.

长拳套路动作图解
Movements Illustrations of Changquan Routine



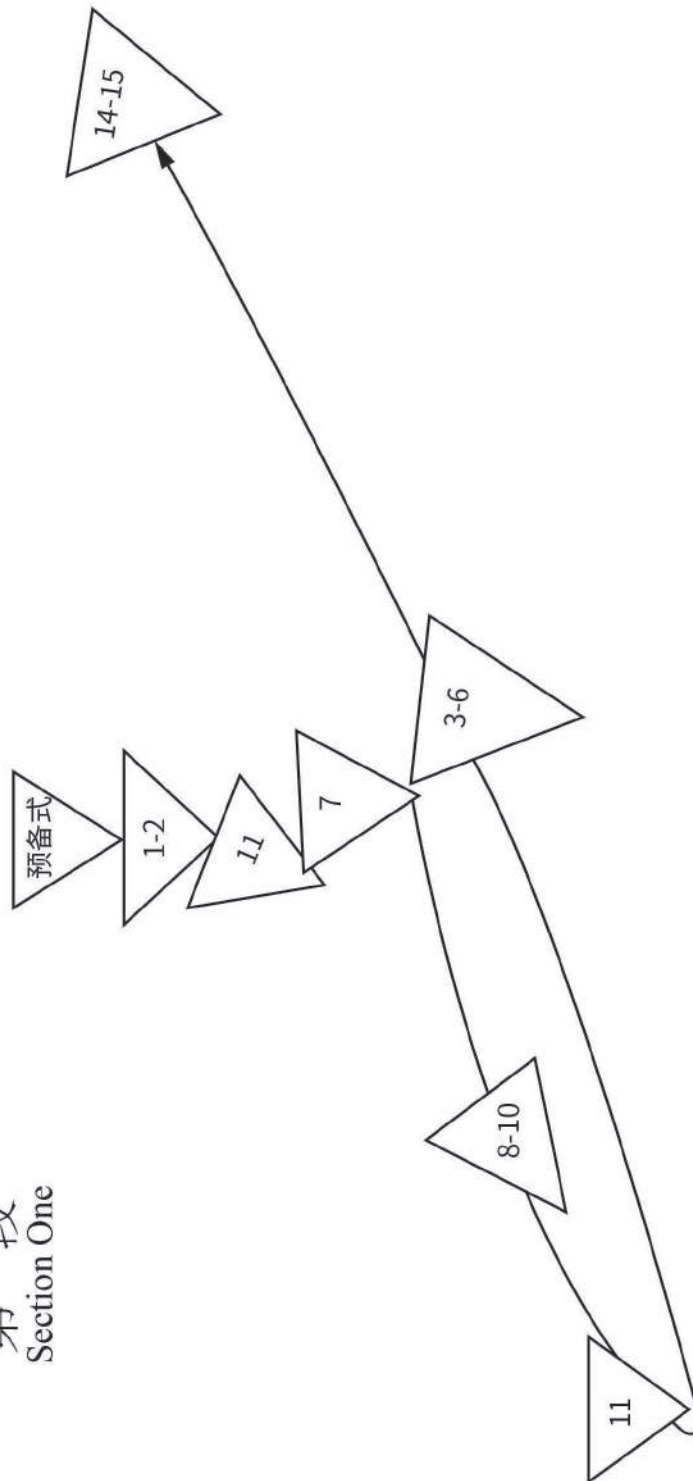
图160
Fig. 160



四、长拳套路动作运行路线示意图

Schematic of Movement Routes of Changquan Routine

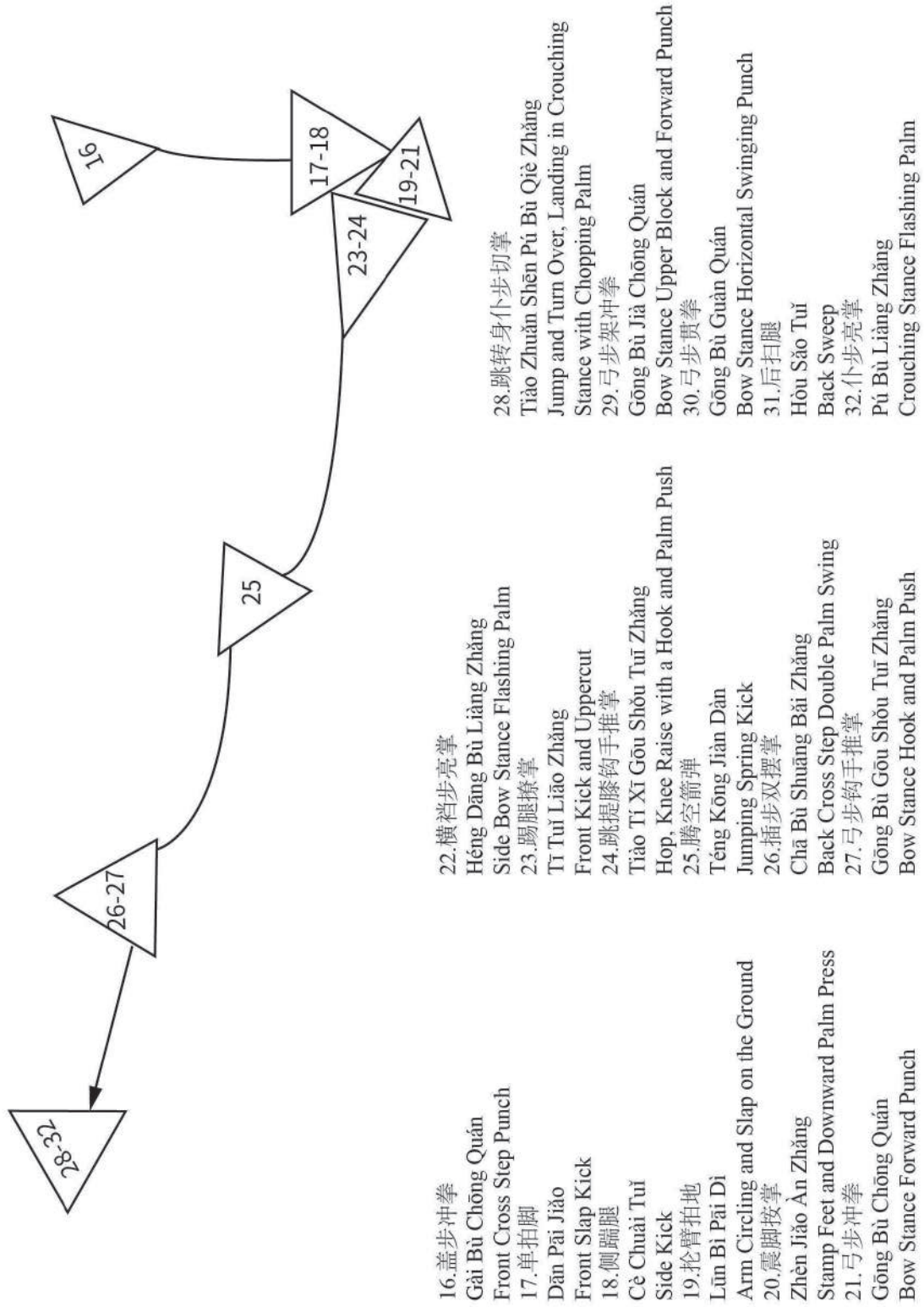
第一段 Section One



- | | | |
|--|--|---|
| 1. 虚步亮掌
Xū Bù Liàng Zhǎng
Flashing Palm in Empty Stance | 6. 歇步挑掌
Xiē Bù Tiāo Zhǎng
Crossed-legged Crouching Stance Palm Flick | 11. 提膝跳冲拳
Tí Xī Tiào Chōng Quán
Knee Raise and Punch with a Hop |
| 2. 上步对拳
Shàng Bù Duì Quán
Advance Step Inner Facing Fist | 7. 并步冲拳
Bìng Bù Chōng Quán
Closed Step Forward Punch | 12. 腾空飞脚
Téng Kōng Fēi Jiǎo
Jumping Front Slap Kick |
| 3. 弓步撩推掌
Gōng Bù Liāo Tuī Zhǎng
Uppereut Forward Palm Push with Bow Stance | 8. 腾空摆莲360°
Téng Kōng Bǎi Lián 360°
Jumping Lotus Kick 360° | 13. 侧空翻
Cè Kōng Fān
Aerial Cartwheel |
| 4. 弹腿击掌
Tán Tuǐ Jī Zhǎng
Spring Kick Palm Strike | 9. 并步拍地
Bìng Bù Pāi Dì
Closed Step Slapping the Ground | 14. 旋风脚360°
Xuàn Fēng Jiǎo 360°
Tornado Kick 360° |
| 5. 后点步冲拳
Hòu Diǎn Bù Chōng Quán
Rear Pointing Step Forward Punch | 10. 单拍脚
Dān Pāi Jiǎo
Front Slap Kick | 15. 跌竖叉
Diē Shù Chā
Falling Front Split |

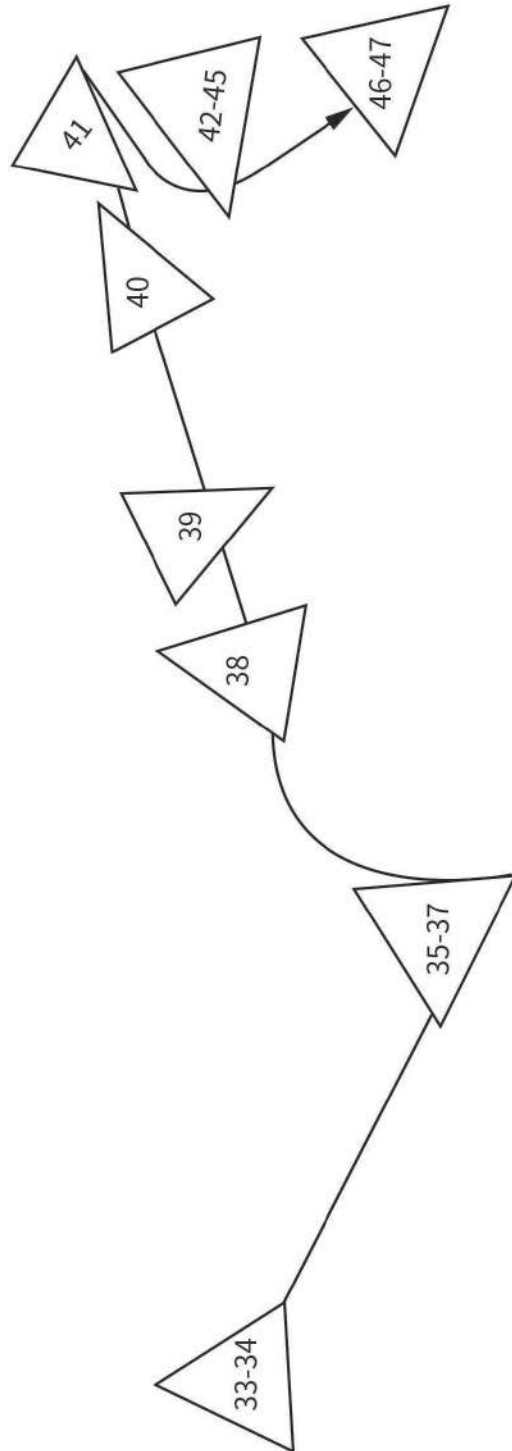


第二段 Section Two





第三段 Section Three



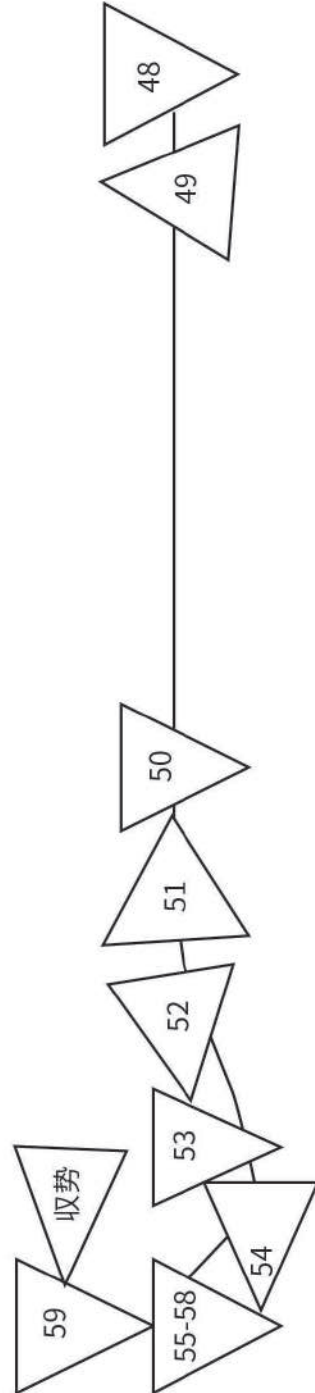
33. 正踢腿
Zhèng Tī Tuǐ
Front Stretch Kick
34. 燕势平衡
Yàn Shì Píng Héng
Swallow Balance
35. 弓步十字拳
Gōng Bù Shí Zì Quán
Bow Stance Left Forward Punch and Right Backward Punch
36. 弓步左冲拳
Gōng Bù Zuǒ Chōng Quán
Bow Stance Left Forward Punch
37. 提膝挑掌
Tí Xī Tiāo Zhǎng
Knee Raise Palm Flick

38. 弧形步
Hú Xíng Bù
Curved Gliding Steps
39. 扣腿双摆掌
Kòu Tuǐ Shuāng Bǎi Zhǎng
Rear Cross-legged Balance Double Swinging Palm
40. 击步劈打
Jī Bù Pī Dǎ
Slapping Step Hammer Strike
41. 弓步靠掌
Gōng Bù Kào Zhǎng
Bow Stance Leaning Palm
42. 弓步双钩手
Gōng Bù Shuāng Gōu Shǒu
Bow Stance Double Hook

43. 垫步蹬腿
Diàn Bù Dēng Tuǐ
Skipping Step Heel Kick
44. 弓步劈拳
Gōng Bù Pī Quán
Bow Stance Hammer Punch
45. 马步托打
Mǎ Bù Tuō Dǎ
Horse Stance Palm Lift and Punch
46. 插步抓肩
Chā Bù Zhuā Jiān
Back Cross Step Shoulder Grab
47. 马步架打
Mǎ Bù Jià Dǎ
Horse Stance Upper Block and Strike



第四段 Section Four



48. 提膝架掌
Tí Xī Jià Zhǎng
Knee Raise Upper Palm Block
49. 提膝冲拳
Tí Xī Chōng Quán
Knee Raise and Punch
50. 旋子
Xuàn Zǐ
Butterfly Kick
51. 坐盘
Zuò Pán
Cross Legged Sitting

52. 外摆腿击响
Wài Bǎi Tuǐ Jī Xiǎng
Outward Crescent Slap Kick
53. 打虎势
Dǎ Hǔ Shì
Taming Tiger Form
54. 弓步顶肘
Gōng Bù Dǐng Zhǒu
Bow Stance Elbow Jab
55. 抡臂砸拳
Lūn Bì Zà Quán
Arm Circling Smashing Fist

56. 虚步挑掌
Xū Bù Tiāo Zhǎng
Empty Stance Palm Flick
57. 转身云手
Zhuǎn Shēn Yún Shǒu
Turn Body Horizontal Palm Circling
58. 并步摆拳
Bìng Bù Bǎi Quán
Closed Step Horizontal Swinging Fist
59. 收势
Shōu Shì
Ending Position

五、长拳套路动作连续演示图

Continuous Demonstration Diagram of Movements for Changquan Routines



图1
Fig. 1

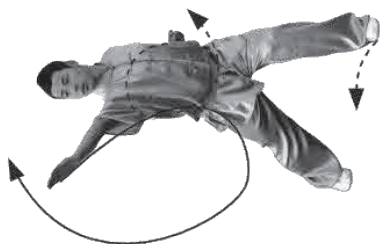


图2
Fig. 2



图3
Fig. 3

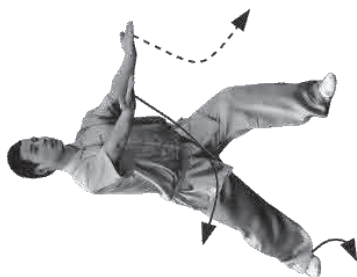


图4
Fig. 4



图5
Fig. 5



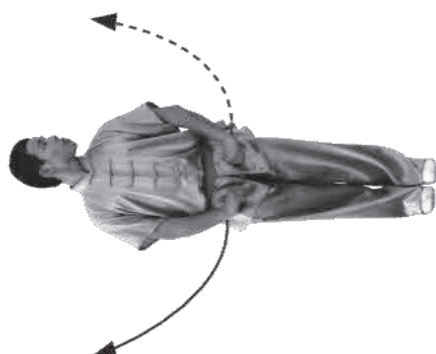


图6
Fig. 6



图7
Fig. 7



图8
Fig. 8



图9
Fig. 9



图10
Fig. 10



图11
Fig. 11



图12
Fig. 12



图13
Fig. 13



图14
Fig. 14



图15
Fig. 15



图16
Fig. 16

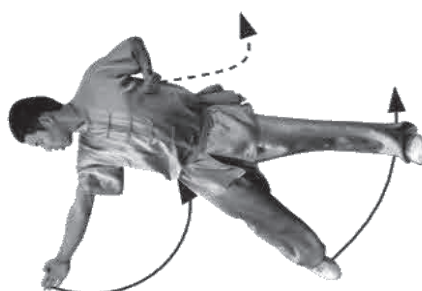


图17
Fig. 17



图18
Fig. 18

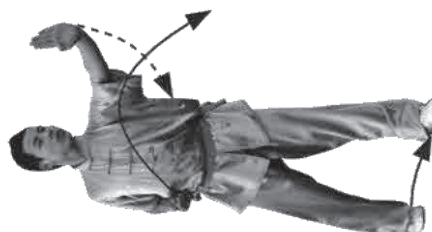


图19
Fig. 19



图20
Fig. 20



图25
Fig. 25

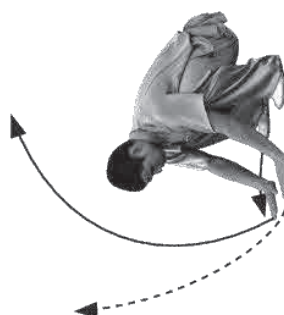


图24
Fig. 24

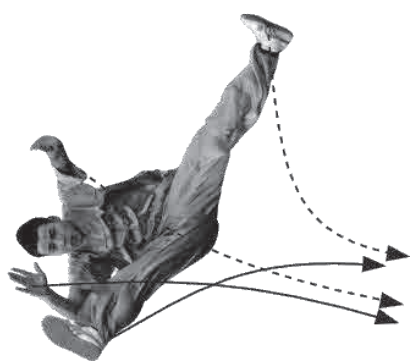


图23
Fig. 23



图22
Fig. 22



图21
Fig. 21

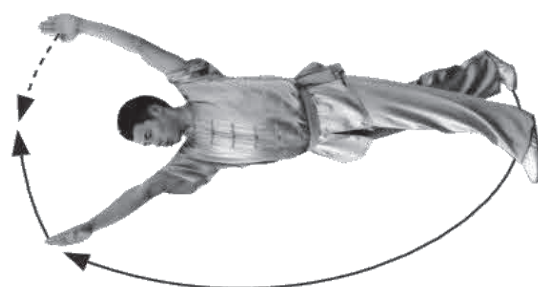


图26
Fig. 26

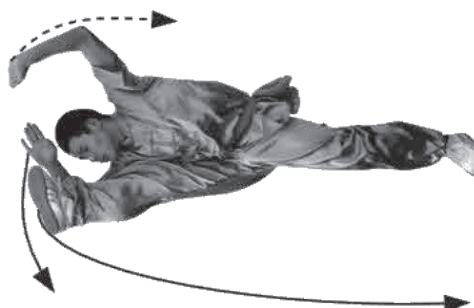


图27
Fig. 27

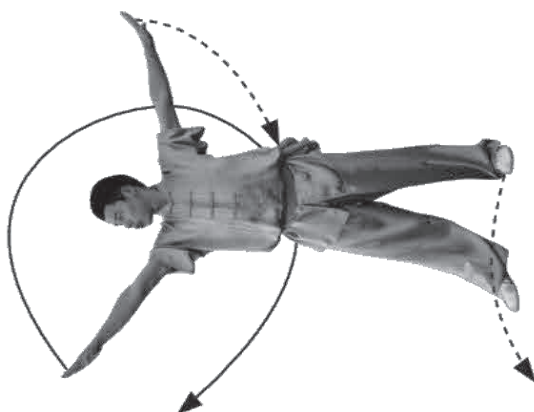


图28
Fig. 28



图29
Fig. 29

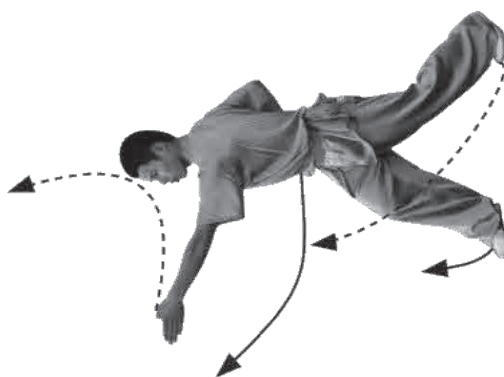


图30
Fig. 30

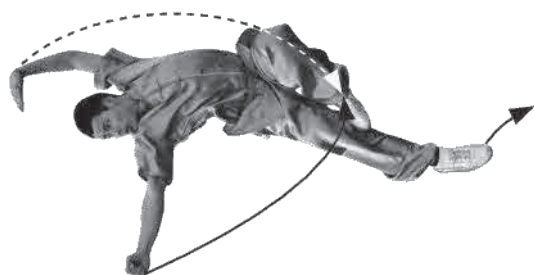


图31
Fig. 31

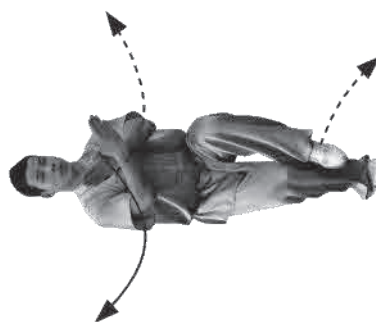


图32
Fig. 32



图33
Fig. 33

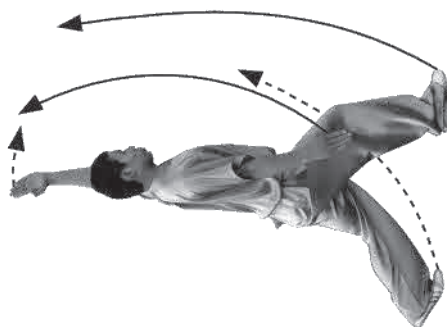
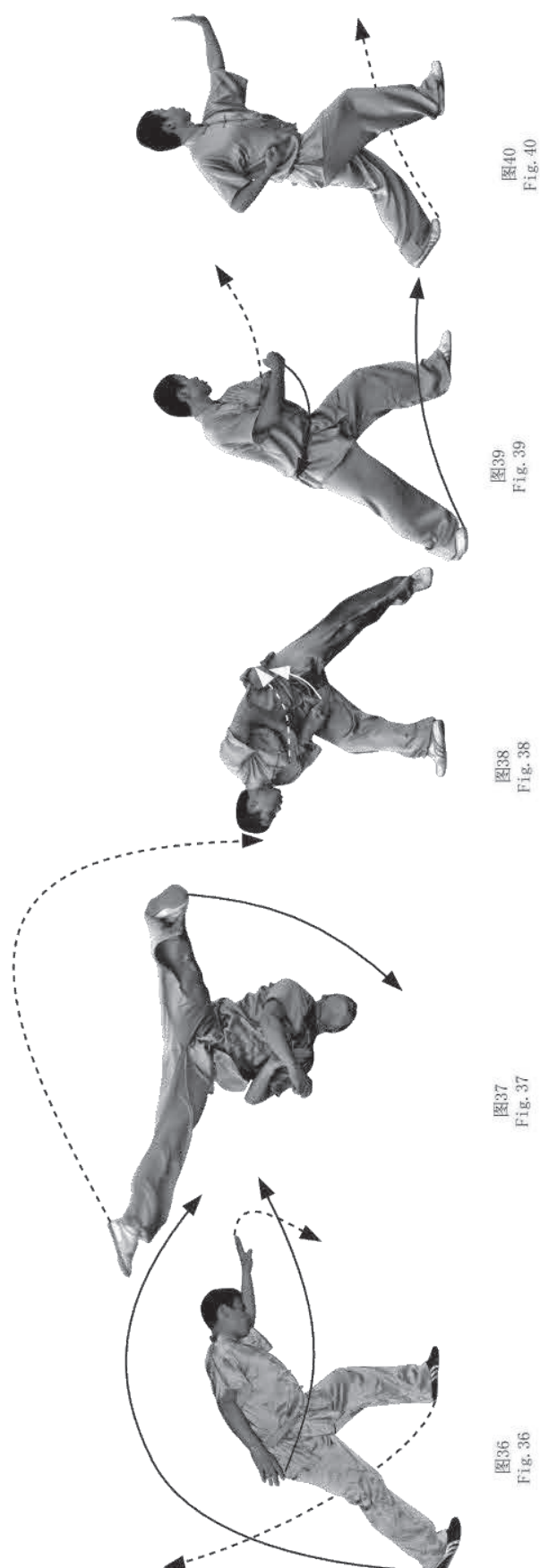


图34
Fig. 34



图35
Fig. 35



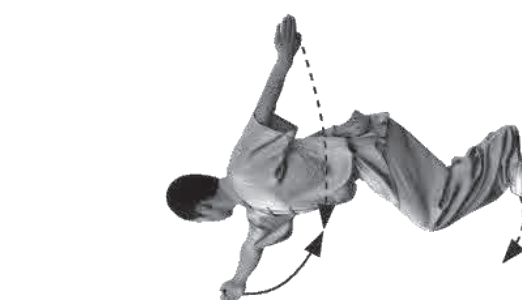


图45
Fig. 45



图44
Fig. 44



图43
Fig. 43

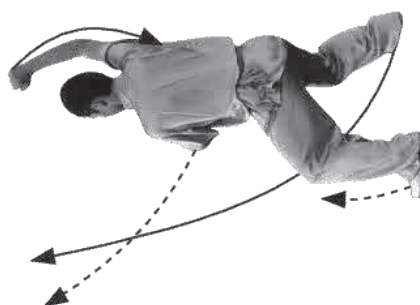


图42
Fig. 42

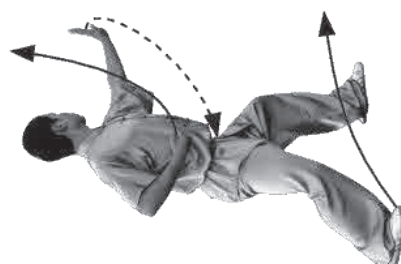


图41
Fig. 41



图50
Fig. 50



图49
Fig. 49



图48
Fig. 48

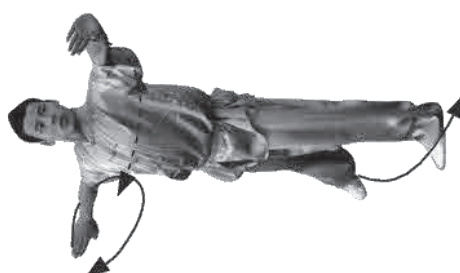


图47
Fig. 47



图46
Fig. 46



图51
Fig. 51



图52
Fig. 52

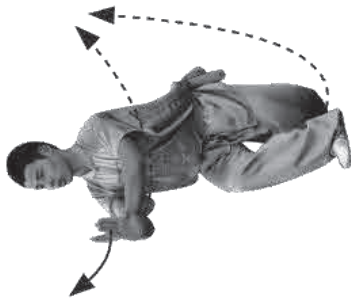


图53
Fig. 53

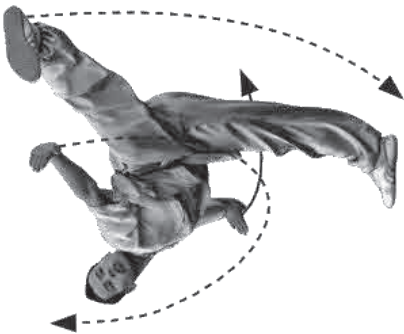


图54
Fig. 54

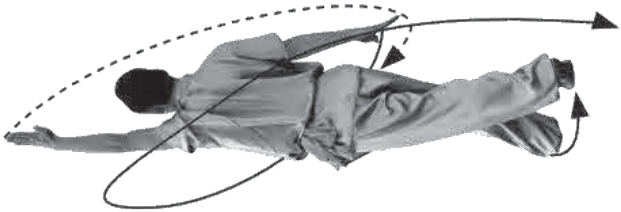


图55
Fig. 55



图56
Fig. 56



图57
Fig. 57



图58
Fig. 58



图59
Fig. 59



图60
Fig. 60



图65
Fig. 65



图64
Fig. 64



图63
Fig. 63



图62
Fig. 62



图61
Fig. 61



图70
Fig. 70



图69
Fig. 69



图68
Fig. 68



图67
Fig. 67



图66
Fig. 66

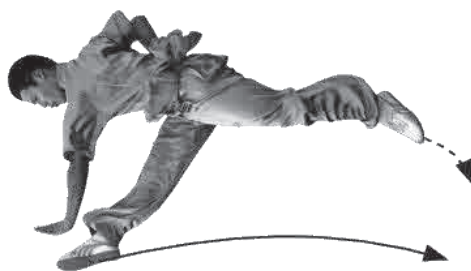


图75
Fig. 75



图74
Fig. 74

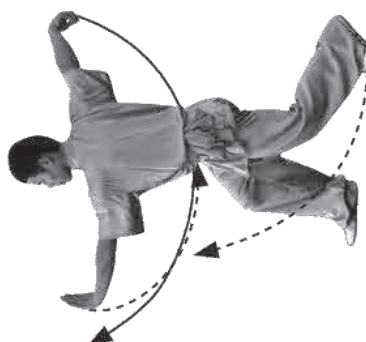


图73
Fig. 73



图72
Fig. 72

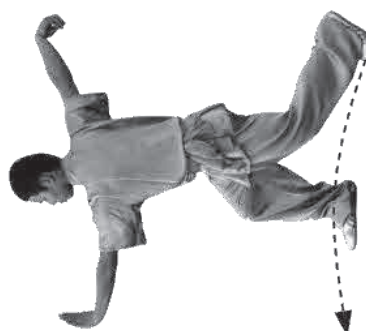


图71
Fig. 71

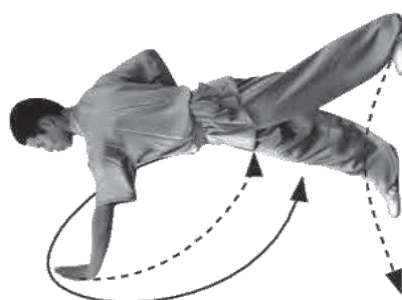


图76
Fig. 76



图77
Fig. 77

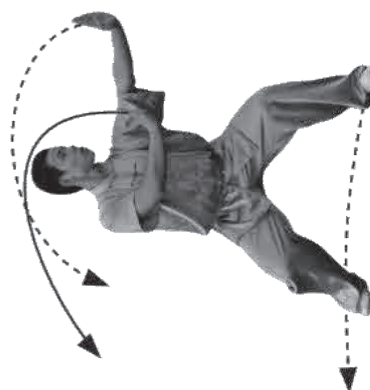


图78
Fig. 78



图79
Fig. 79



图80
Fig. 80



图81
Fig. 81

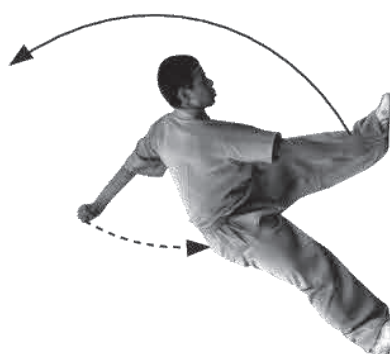


图82
Fig. 82

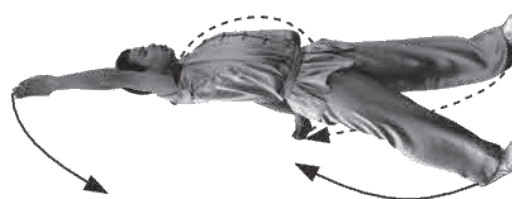


图83
Fig. 83

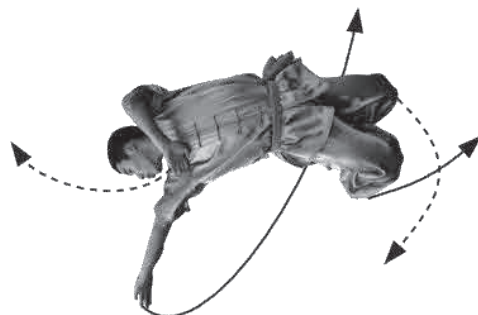


图84
Fig. 84

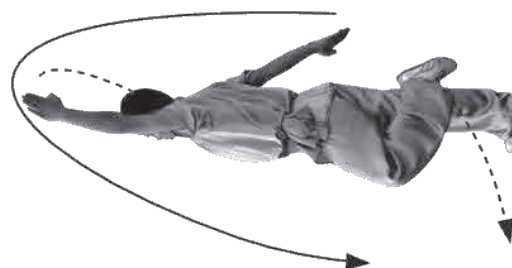


图85
Fig. 85



图86
Fig. 86



图87
Fig. 87



图88
Fig. 88

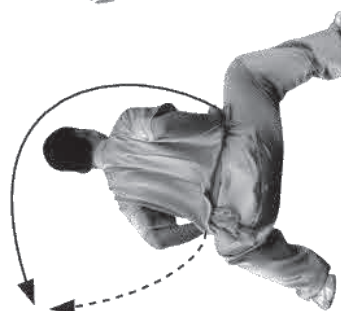


图89
Fig. 89



图90
Fig. 90

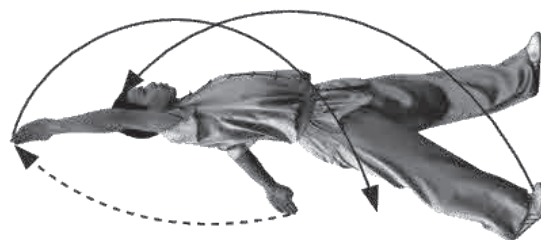


图95
Fig. 95

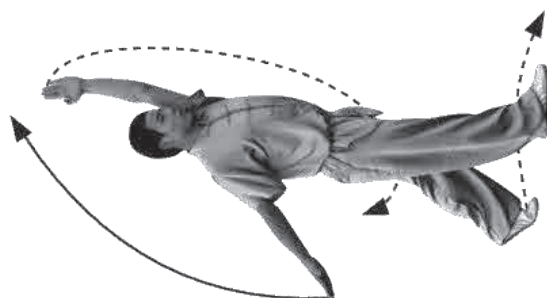


图94
Fig. 94

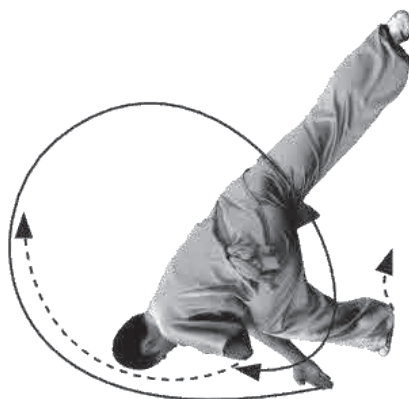


图93
Fig. 93



图92
Fig. 92

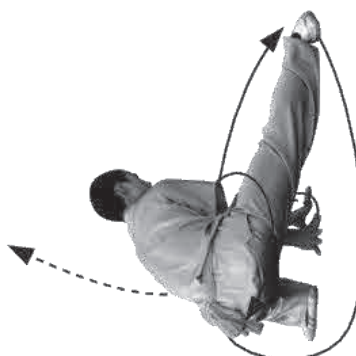


图91
Fig. 91



图96
Fig. 96



图97
Fig. 97

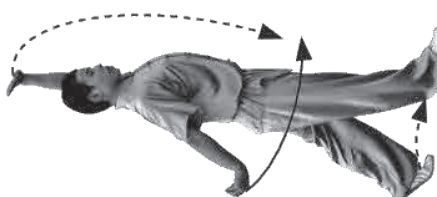


图98
Fig. 98

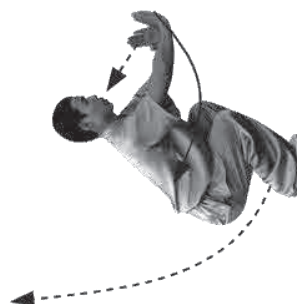


图99
Fig. 99



图100
Fig. 100



图105
Fig. 105



图104
Fig. 104



图103
Fig. 103

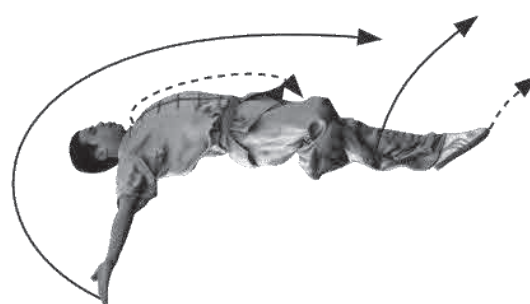


图102
Fig. 102



图101
Fig. 101



图110
Fig. 110



图109
Fig. 109



图108
Fig. 108



图107
Fig. 107



图106
Fig. 106



图111
Fig. 111



图112
Fig. 112



图113
Fig. 113



图114
Fig. 114

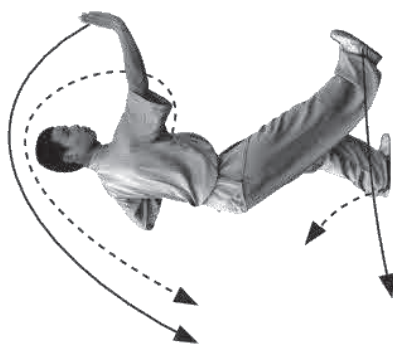


图115
Fig. 115



图120
Fig. 120



图119
Fig. 119



图118
Fig. 118



图117
Fig. 117



图116
Fig. 116

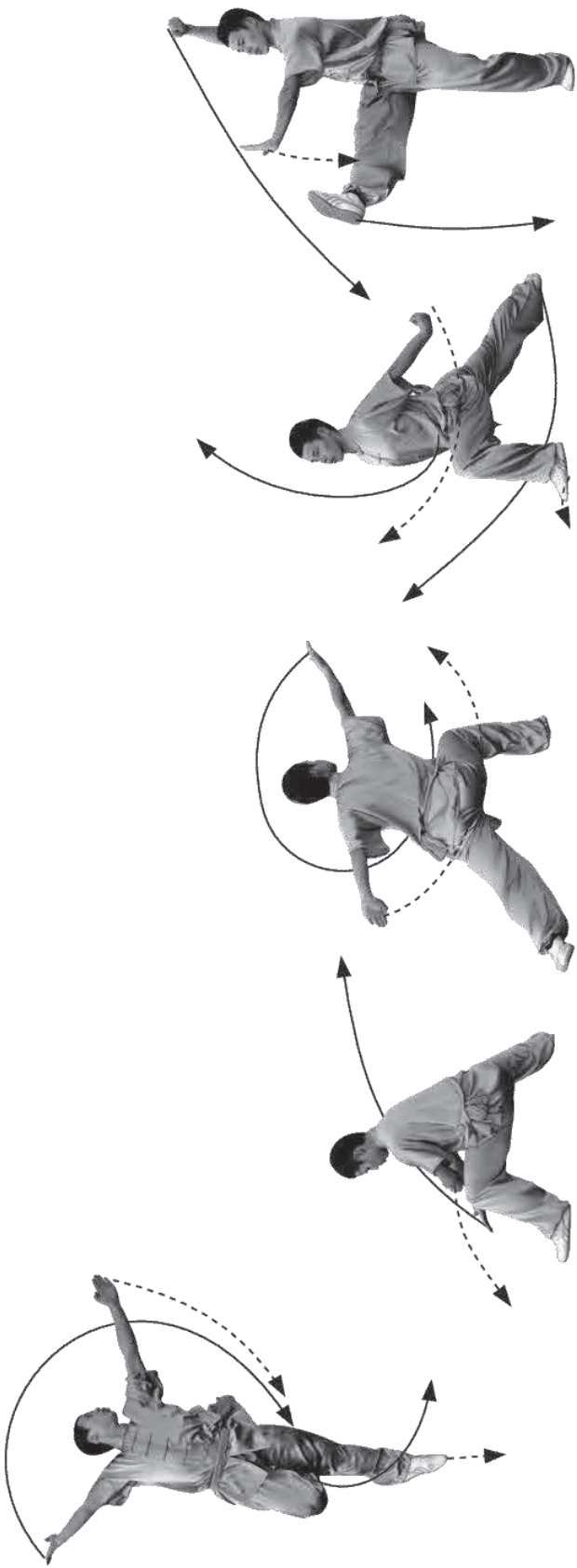


图121
Fig. 121

图122
Fig. 122

图123
Fig. 123

图124
Fig. 124

图125
Fig. 125

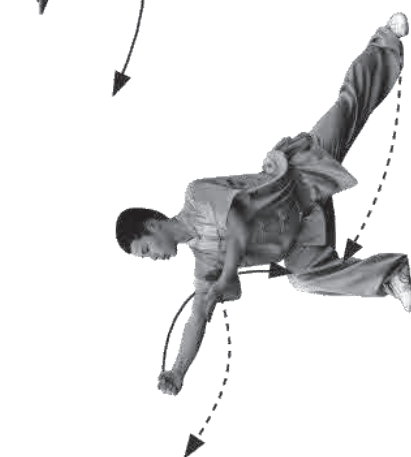


图126
Fig. 126



图127
Fig. 127



图128
Fig. 128

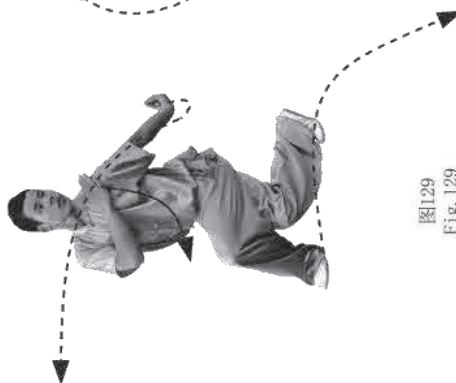


图129
Fig. 129

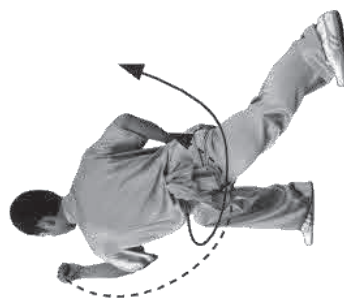


图130
Fig. 130

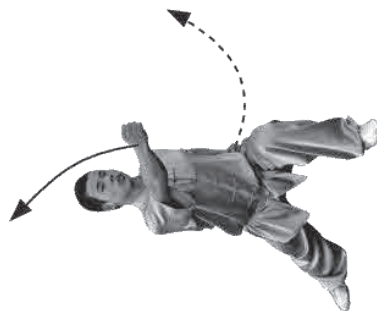


图131
Fig. 131



图132
Fig. 132

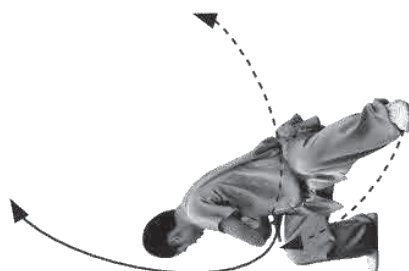


图133
Fig. 133



图134
Fig. 134



图135
Fig. 135



图136
Fig. 136

图137
Fig. 137

图138
Fig. 138

图139
Fig. 139

图140
Fig. 140

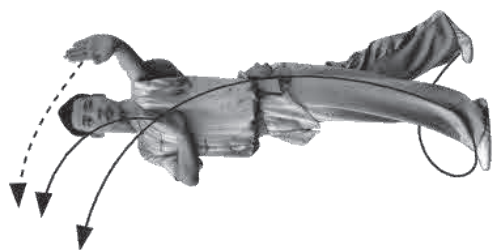


图145
Fig. 145

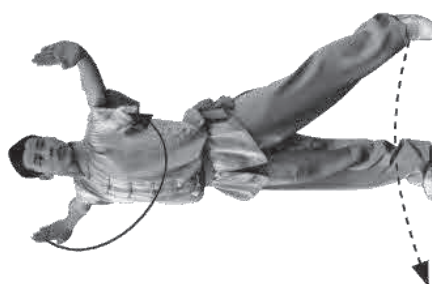


图144
Fig. 144

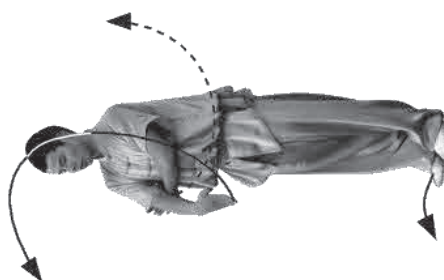


图143
Fig. 143



图142
Fig. 142

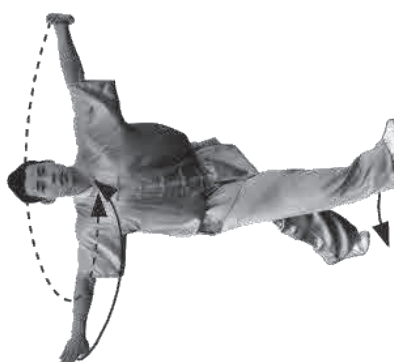


图141
Fig. 141

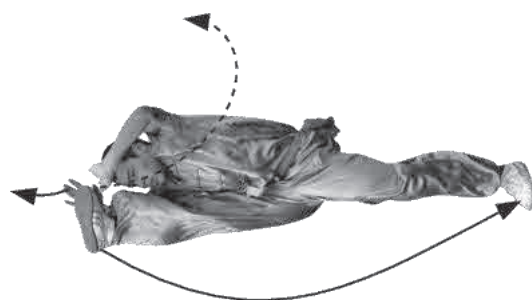


图146
Fig. 146

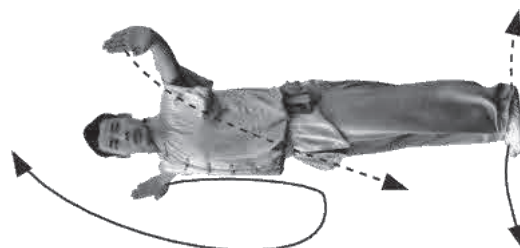


图147
Fig. 147



图148
Fig. 148



图149
Fig. 149



图150
Fig. 150

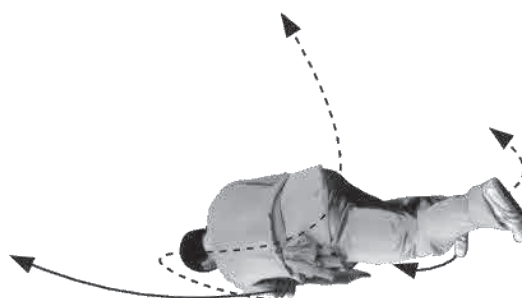


图151
Fig. 151

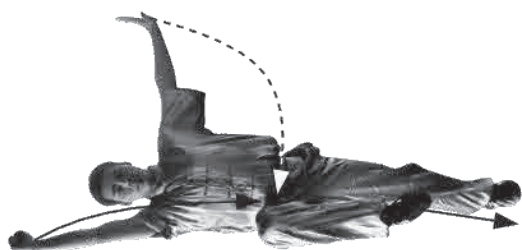


图152
Fig. 152



图153
Fig. 153



图154
Fig. 154



图155
Fig. 155



图156
Fig. 156



图157
Fig. 157

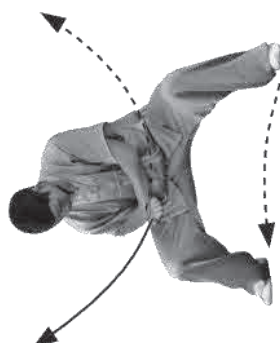


图158
Fig. 158

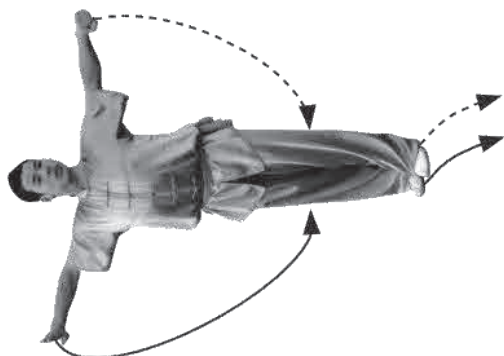


图159
Fig. 159



图160
Fig. 160

