



DAKAR
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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

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青奥武术系列中英双语教材

Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials

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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、太极拳套路简介

Introduction of Taijiquan Routine

源于中国，属于世界的太极拳运动，历史悠久，源远流长，其内容丰富多彩，博大精深。经过长期的发展，形成了包括各种功法、拳械套路和对抗格斗等注重内外兼修的运动项目。

Originating in China and belonging to the world, taijiquan is a school of wushu with a long history and deep cultural roots. Its content is rich, vast in scope and intricate in depth. Over the course of its extensive development, taijiquan has evolved into a comprehensive sports event that includes various foundational training techniques, bare hand routines, weapon routines, and combative sparring techniques, emphasizing the integration of both internal and external cultivation practices.

太极拳具有养生健身、修心养性、防身自卫、竞技比赛等多种功能，现今的太极拳运动已不受国界、地域、民族、宗教、门派等限制，成为全人类共有的精神、文化财富。为使太极拳运动更好地为世界人民服务，为人类的健康造福，根据国际武术发展的需要，由国际武联组织创编了第三套国际武术竞赛套路—太极拳（36 式）。

Taijiquan offers various benefits, including health nurturing, physical fitness, mental refinement and character cultivation, self-defense, and competitive sports. Today, the practice of taijiquan has transcended national, regional, ethnic, religious, and sectarian boundaries, becoming a shared philosophical and cultural treasure for all of humanity. To better serve people worldwide and contribute to human health, and according to the needs of the international development of wushu, the International Wushu Federation created the third set of international wushu competition routine - Taijiquan (36 forms).

太极拳（36 式）是在吸取了各式传统太极拳经典动作的基础上，遵循武术套路运动技术发展的规律和竞赛要求创编而成的。它既保留了太极拳的传统性，又有创新和发展。该套路由拳、掌、钩 3 种手型，弓步、马步、仆步、虚步、平行步、独立步 6 种步型，后插腿低势平衡，蹬脚、分脚、摆莲脚 3 种腿法，腾空摆莲 360°、旋风脚 180°、腾空飞脚 3 种跳跃动作及各种手法、



步法、动作难度和连接难度等组成。它兼收各式融为一体，内容丰富，动作规范，技术全面，风格突出，编排设计合理，组合形式多变，难度适中。

The taijiquan (36 forms) routine is designed and created based on classical movements from various traditional taijiquan styles. It adheres to the technical developmental trends and requirements of Wushu competition routines. It retains the traditional essence of taijiquan while incorporating new innovation and evolution. The routine consists of three hand forms (fist, palm, hook hand), six stances (bow stance, horse stance, crouching stance, empty stance, parallel steps, and single-leg stance), three leg techniques (heel kick, parting kick, and lotus kick), three jumping movements (jumping lotus kick 360°, whirlwind kick 180°, and jumping front kick), as well as integrating numerous hand and footwork techniques, difficulty movements and connective difficulty movements, etc. It blends various taijiquan styles into a cohesive whole, with rich content, standardized and normative movements, comprehensive techniques, distinctive performing style, reasonable and logical choreography, varied patterns of movement combinations, and in moderate level of difficulty.

全套动作布局巧妙，连接顺畅，极具竞技性和观赏性，充分体现了太极拳动作中正圆活、行云流水、动静有序、快慢相间、刚柔相济及平和自然的运动特点。由于其动作数量、组别、时间等均符合国际武术竞赛规则的要求，所以也适于在同等条件下进行的国际性的武术比赛。

The entire routine is ingeniously designed with clever layout and smooth transitions, effectively encompassing a high level of competitiveness and aesthetic appeal. It fully embodies the characteristics of taijiquan movements: centered and upright, circular and flexible, moving like clouds and flowing water, sequentially alternating dynamics and stillness, regulating swiftness and slowness, balancing strength and gentleness, and calm and naturally manner. Since the number of movements, categories setup, and routines' timing, etc, all conform with the requirements of the International Wushu Competition Rules, it is also suitable for any international competitions conducted under similar conditions.



二、太极拳套路动作名称

Movement Names of Taijiquan Routine

预备势

Yù Bèi Shì

Ready Position

第一段

Section 1

1. 起势

Qǐ Shì

Starting Position

2. 揽雀尾

Lǎn Què Wěi

Grasp the Peacock's Tail

3. 单鞭

Dān Biān

Single Whip

4. 白鹤亮翅

Bái Hè Liàng Chì

White Crane Spreading Wings

5. 搂膝拗步

Lōu Xī Āo Bù

Brush Knee with Bent Step

6. 退步压肘

Tuì Bù Yā Zhǒu

Retreating Step Elbow Press

7. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

8. 腾空摆莲 360°

Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

9. 雀地龙

Què Dì Lóng

Hurdler's Split

第二段

Section 2

10. 肘底捶

Zhǒu Dǐ Chuí

Under Elbow Fist

11. 倒卷肱

Dǎo Juǎn Gōng

Retreating Steps with Arms Curling

12. 搬拦捶

Bān Lán Chuí

Deflect, Parry and Punch

13. 右蹬脚

Yòu Dēng Jiǎo

Right Heel Kick

14. 双峰贯耳

Shuāng Fēng Guàn Ěr

Double Inward Jab to Ears

15. 左分脚

Zuǒ Fēn Jiǎo

Left Parting Kick

16. 仆步下势

Pú Bù Xià Shì

Crouching Stance Downward

Threading Palm

17. 金鸡独立

Jīn Jī Dú Lì

Golden Rooster Single-Leg Stand

18. 旋风脚 180°



Xuàn Fēng Jiǎo 180°

Tornado Kick 180°

19. 独立托掌

Dú Lì Tuō Zhǎng

Single-Leg Stance Palm Lift

第三段

Section 3

20. 指裆捶

Zhǐ Dāng Chuí

Groin Pointing Strike

21. 野马分鬃

Yě Mǎ Fēn Zōng

Part the Wild Horse's Mane

22. 海底针

Hǎi Dǐ Zhēn

Needle in the Sea Bottom

23. 闪通背

Shǎn Tōng Bei

Flashing Out Arms

24. 提手上势

Tí Shǒu Shàng Shì

Hand Raise High Form

25. 白鹤亮翅

Bái Hè Liàng Chì

White Crane Spreading Wings

26. 后插腿低势平衡

Hòu Chā Tuǐ Dī Shì Píng Héng

Low Balance with Leg Crossed Behind

第四段

Section 4

27. 摆莲转体 180°

Bǎi Lián Zhuǎn Tǐ 180°

Lotus Kick Body Twist 180°

28. 独立抱掌

Dú Lì Bào Zhǎng

Single-Leg Stance Ball-Hugging Palm

29. 双震脚

Shuāng Zhèn Jiǎo

Double Stamping Feet

30. 蹬脚架推

Dēng Jiǎo Jià Tuī

Heel Kick Upper Block Push

31. 玉女穿梭

Yù Nǚ Chuān Suō

Jade Maiden Weaving the Shuttle

32. 云手

Yún Shǒu

Cloud Waving Hand

33. 掩手肱捶

Yǎn Shǒu Gōng Chuí

Strike with Concealed Fist

34. 揽雀尾

Lǎn Què Wěi

Grasp the Peacock's Tail

35. 十字手

Shí Zì Shǒu

Cross Hand

36. 收势

Shōu Shì

Ending Position



三、太极拳套路动作图解

Movements Illustrations of Taijiquan 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

两脚并拢，自然直立；头颈正直，下颌微内收；胸腹放松，背部轻拔；肩臂松垂，两手轻贴于大腿外侧；目视前方。（图1）

The two feet closed together and standing upright; maintain the neck upright with the chin tuck in slightly; relax the chest and abdomen, brace the back slightly; the arms relax and lightly touch against the outer sides of the thighs; look to the front. (Figure 1)

要点：口闭齿叩，舌抵上腭；上悬下沉，中节舒松；精神集中，心平气和，呼吸自然。

Key Points: Mouth closed, the tongue touches against the upper palate; the core body being up-pulled and down-sink, the mid joints relaxed and loosened; keep the mind focus, remain calm, breathe naturally.



图 1
Fig. 1



第一段 Section One

1. 起势 Qǐ Shì

Starting Position

(1) 接上势，重心右移，左脚向左开步；随即重心落于两腿之间，平行步站立，两脚间距与肩同宽；目视前方。（图2—图4）

(1) Following the previous stance, shift the body weight to the right, left foot steps to the left; following that shift the body weight to the center of the two feet, the two feet being parallel to each other and are as wide as the shoulder width; look to the front. (Figure 2 – Figure 4)



图2
Fig. 2



图3
Fig. 3



图4
Fig. 4

(2) 两臂向前、向上举至腕与肩平，两臂间距与肩同宽，肘低于腕和肩；目视前方。（图5、图6）

(2) The two arms rise to the front with the wrists at the shoulder level, and as wide as the shoulder width, the elbows being lower than the wrists and shoulder levels; look to the front. (Figure 5, Figure 6)



图 5
Fig. 5



图 6
Fig. 6

(3) 上体保持正直，两腿松胯微屈膝；同时，两掌下按，落至大腿前外侧，两肘松垂；目视前方。（图 7）

(3) Keep the upper body upright, relax the hip section and slightly bend the knees; at the same time, both palms press downwards and lower to the front of the outer side of the thighs, both elbows hanging loose; look to the front. (Figure 7)

要点：身型要求松胯敛臀，含胸拔背，沉肩坠肘，虚领顶劲；下按掌掌指舒展，掌心微含；中正安舒，气沉丹田，松静自然。

Key Points: The body requirements: relax the hip section and tuck in the buttocks; sink the chest and keep the back upright, relax the shoulders and drop the elbows, imagine an upward pull at the top of the head; when executing the palm press, the fingers should be relaxed and comfortably extended, the palm slightly cupped; the posture being centered and relaxed, sink the breath to “dantian” (the point two inches below the navel), keep calm, still and natural.



图 7
Fig. 7



2. 揽雀尾 Lǎn Què Wěi

Grasp the Peacock's Tail

(1) 接上势，两腿屈膝半蹲，右脚尖外摆；身体微右转，重心右移，左脚收至右脚内侧；同时，右掌向左、向上、向右划弧举于胸前；左前臂外旋，掌心翻转向上，左掌收于腹前，体前抱掌；目视右掌方向。（图 8、图 9）

(1) Following the previous stance, both knees bend to a half squat, the right toes turn outwards; turn the body to the right slightly, shift the body weight to the right, the left foot retracts to the inner side of the right foot; at the same time, the right palm moves from the left upwards to the right in an arc motion and raises to the front of the chest; the left forearm rotates outwards, the palm turns facing up, retracts and positioned at the front of the abdomen; look to the right palm's direction. (Figure 8, Figure 9)



图 8
Fig. 8



图 9
Fig. 9

(2) 上体微左转；左脚向左前方上步，重心前移成左弓步；同时，上体右转；左臂向左前上方棚出，臂平屈成弧形，腕与肩平；右掌弧形按于右胯旁；目视右前方。（图 10—图 12）

(2) The upper body turns slightly to the left; the left foot steps to the front left, shift the body weight forward to form a left bow stance; at the same time, the upper body turns right; the left arm bend horizontally in an arc shape, ward towards the upper left front, with the wrist at the shoulder level; bend the right arm in an arc shape and presses at the side of the right hip; look to the right front. (Figure 10 – Figure 12)



图 10
Fig. 10



图 11
Fig. 11



图 12
Fig. 12

(3) 身体微左转，重心左移；右脚收至左脚内侧；同时，左前臂内旋，掌心翻转向下；右前臂外旋，右掌由右向左划弧收于腹前，体前抱掌；目视左掌方向。（图 13）

(3) The body turns slightly to the left; shift the body weight to the left; the right foot retracts to the inner side of the left foot; at the same time, the left forearm rotates inwards, the palm flips to face down; the right arm rotates outwards, the right palm moves from the right to left in an arc motion to the front of the abdomen and hold it there; look to the left palm's direction. (Figure 13)



图 13
Fig. 13

(4) 身体微右转；右脚向右前方上步，重心前移成右弓步；同时，右臂随上体右转向右前上方掳出，臂平屈成弧形，腕与肩平，腕与鼻尖相对；左掌附于右手腕内侧；目视右前臂方向。（图 14、图 15）

(4) The body turns slightly to the right; the right foot steps to the front right, shifts the body weight forward to form right bow stance; at the same time, the



right arm, following the body's right turn, bending horizontally in an arc shape, ward off towards the upper right front, with the wrist at the shoulder level, the wrist aligns with the tip of the nose; the left palm attaches on the inner side of the right wrist; look to the right forearm's direction. (Figure 14, Figure 15)



图 14
Fig. 14



图 15
Fig. 15

(5) 右手内旋，左手外旋；随即重心左移，右脚尖翘起；同时，上体微右转；右手向右、向下捋至右胯旁，掌心向下；左掌附于右手腕部；目视右掌。（图 16、图 16 附图）

(5) The right forearm rotates inwards, the left forearm rotates outwards; following that, shift the body weight to the left, the right toes tilt up; at the same time, the upper body turns slightly to the right; the right palm strokes to the right downwards to the side of the right hip with the palm facing down; the left palm attaches to the right wrist; look to the right palm. (Figure 16, Figure 16 Alternate View)



图 16
Fig. 16



图 16 附图
Fig. 16 Alternate View

(6) 上体微左转；随即右手外旋，左手内旋，向前伸出至腕与胸高；右



脚尖下落，重心微前移；接着上体右转；右手继续向前、向上、向右划弧前挤至右前方，腕与肩平；左掌附于右手腕内侧；同时，重心前移成右弓步；目视右前臂方向。（图 17—图 19）

(6) The upper body turns slightly to the left; following that, the right arm rotates outwards, the left arm rotates inwards, extend the arms forward till the wrists are at the chest level; the right toes step down, shift the body weight slightly forward; following that, the upper body turns to the right; the right arm continues to move from the front upwards and to the right in an arc motion, and press to the right front with the wrist at the shoulder level; the left palm attaches to the inner side of the right wrist; at the same time, shift the body weight forward to form a right bow stance; look at the right forearm's direction. (Figure 17 – Figure 19)



图 17
Fig. 17



图 18
Fig. 18



图 19
Fig. 19

（7）右手内旋，左手外旋；右脚尖微内扣，两腿屈膝半蹲；两手微下沉；随即上体微左转，重心左移；同时，左手经下向左划弧，当经胸前时，内旋转腕，屈肘屈腕以手背一侧腕关节弧形向左上方掳刁至左耳侧，五指斜向下，小指、无名指、中指依次内收成刁手；右手外旋经下向左、向上划弧托举至右前方，掌心向上；目视右掌方向。（图 20、图 21）

(7) The right arm rotates inwards, the left arm rotates outwards; the right toes turn slightly inwards, both knees bend to a half squat; both arms slightly lower; following that, the upper body turns slightly to the left, shift the body weight to the left; at the same time, the left arm moves in an arc motion downwards to the left, when passes the front of the chest, rotates inwards and turns the wrist, then bend the elbow and flex the wrist with the outer side of the wrist lift upwards to



the side of the left ear, the five fingers pointing slanting down, with the little finger, ring finger and the middle finger inwardly positioned sequentially to form a grasping hand; the right arm rotates outwards, moves down to the left and lifted upwards in an arc motion, and raises to the right front with the palm facing up; look to the right palm's direction. (Figure 20, Figure 21)



图 20
Fig. 20



图 21
Fig. 21

(8) 上体左转；两臂屈肘，前臂内旋，掌指向外、向后分摆至肩上；接着重心右移，左脚贴地收至右脚内侧，前脚掌着地成虚步；同时，上体右转；随转体两掌向右、向下按至体前；目视右前下方。（图 22、图 23）

(8) The upper body turns to the left; both elbows bend and arms rotate inwards with the fingers pointing outwards, moves separately to the rear above the shoulders; following that, shift the body weight to the right, the left foot slides on the ground to the inner side of the right foot, the front sole touches the ground to form an empty stance; at the same time, the upper body turns to the right; the two palms, following the body turn, press to the right and downwards to the front of the body; look to the lower right front. (Figure 22, Figure 23)

要点：上步重心前移平稳，屈膝松胯、转腰蹬腿成弓步；刁、托发力；连绵不断，力点准确。

Key Points: When executing the advancing step, the body weight should be shifted steadily, knees should be bend and hip relaxed, turn the waist and pushes the ground with the foot to form the bow stance; the grasping and lifting hand should exert strength continuously, and the force impact point should be accurate.



图 22
Fig. 22



图 23
Fig. 23

3. 单鞭 Dān Biān Single Whip

(1) 接上势，上体微右转；左手向右切掌，右手外旋收于左掌下，掌心向上成抱掌；随即左手外旋、右手内旋划弧，两掌裹抱采按，右掌向右前推掌，左掌附于右前臂内侧；目视右掌方向。（图 24、图 24 附图、图 25）

(1) Following the previous stance, the upper body turns slightly to the right; the left palm chops to the right, the right arm rotates outwards and retracts below the left palm, with the palm facing up to form hugging palms ; following that, the left arm rotates outwards, the right arm rotates inwards, moving in an arc motion, both arms wrap, hold, grab and press, the right palm pushes to the right front, the left palm attaches to the inner side of the right forearm; look to the right palm's direction. (Figure 24, Figure 24 Alternate View, Figure 25)



图 24
Fig. 24



图 24 附图
Fig. 24 Alternate View



图 25
Fig. 25

(2) 身体微左转；左脚向左前方上步，脚跟着地；同时，右掌变钩手，左掌向左划弧至面前；目视左掌。（图 26）

(2) The upper body turns slightly to the left; the left foot steps to the front left



with only the heel landing on the ground; at the same time, the right palm changes to hook hand, the left palm moves in an arc motion to the left positioned in front of the face; look at the left palm. (Figure 26)



图 26
Fig. 26

(3) 上体继续左转，重心前移成左弓步；同时，左前臂内旋，左掌翻转向前推出，腕与肩平；目视左掌方向。（图 27）

(3) The upper body continues to turn to the left; shift the body weight forward to form a left bow stance; at the same time, the left forearm rotates inwards, the left palm turns and pushes forward, with the wrist at the shoulder level; look to the left palm's direction. (Figure 27)

要点：弓步时前腿膝部垂直于脚背不超出脚尖，后脚跟踏实；弓步与推掌协调一致。

Key Points: When executing the bow stance, the front knee's vertical alignment should not exceed the tip of the toes, the hind heel should step firm. The movements of the bow stance and the palm push should be well-coordinated and in unison.



图 27
Fig. 27



4. 白鹤亮翅 Bái Hè Liàng Chì

White Crane Spreading Wings

(1) 接上势，重心后移，左脚脚尖微内扣，上体微右转；同时，左掌外旋，右钩手变掌落至右胯旁。（图 28）

(1) Following the previous stance, shift the body weight backwards, the left toes turn slightly inwards, the upper body turns slightly to the right; at the same time, the left palm rotates outwards, the right hook hand changes to palm and lowers to the side of the right hip. (Figure 28)



图 28
Fig. 28

(2) 重心前移，上体继续右转；同时，右掌由左向右前方划弧平抹，左掌落于右肘内侧下方；目视右掌。（图 29）

(2) Shift the body weight forward, the upper body continues to turn to the right; at the same time, the right palm wipes horizontally from the left to the front right, the left palm lowers and positioned under the inner right elbow; look to the right palm. (Figure 29)



图 29
Fig. 29

(3) 身体微左转，重心左移；右脚收至左脚内侧；同时，左手向左、向上划弧内旋，掌心翻转向下，高与胸平；右前臂外旋，右掌由右向左划弧收



于腹前，体前抱掌；目视左掌方向。（图 30、图 31）

(3) The body turns slightly to the left, shift the body weight to the left; the right foot retracts to the inner side of the left foot; at the same time, the left hand rotates inwards and moves upwards in an arc motion from the left, turn the palm facing down at the chest level; the right forearm rotates outwards, the right palm moves in an arc motion from the right to the left and hold it in front of the abdomen; look to the left palm's direction. (Figure 30, Figure 31)



图 30
Fig. 30



图 31
Fig. 31

（4）身体微右转；右脚向右前方上步，脚尖微内扣，重心右移；同时，两手边合边以腰带动右手棚挑举至右肩前；目视右掌。（图 32、图 33）

(4) The body turns slightly to the right, the right foot steps to the front right with the toes turn slightly inwards, shift the body weight to the right; at the same time, the two hands closing in and embrace to each other, by using the waist's movement to guide the hands' movements; the right hand ward off and lifts to the front of the right shoulder; look to the right palm. (Figure 32, Figure 33)



图 32
Fig. 32



图 33
Fig. 33



(5) 上体微左转，重心继续右移；左脚回收，前脚掌着地，左腿膝微屈，成左虚步；同时，两手右上左下划弧分开，右前臂内旋翻掌撑举至右额前，腕略高于耳；左掌按至左胯旁，两臂保持弧形；目视前方。（图 34、图 35、图 35 附图）

(5) The body turns slightly to the left, the body weight continues to shift to the right; the left foot retracts with the ball of the foot touching the ground and knee slightly bend, forming an left empty stance; at the same time, both hands open up in an arc motion, with the right hand moving up and the left hand moving down, the right forearm rotates inwards and turn the palm prop up to the front of the forehead, slightly higher than the ear level; the left palm presses down to the side of the left hip; both arms maintain in rounded posture; look to the front. (Figure 34, Figure 35, Figure 35 Alternate View)

要点：虚步后脚跟踏实；虚步与右撑掌、左按掌协调配合；上下相随，虚实分明。

Key Points: In the empty stance, the hind heel should step firm. The movements of the empty stance, right lifting palm and left press palm should be harmonized and well-coordinated; the upper body movements and the lower limb movements should follow up in correspondence. Clearly distinguish the solidity and emptiness of movements.



图 34
Fig. 34



图 35
Fig. 35



图 35 附图
Fig. 35 Alternate View

5. 搂膝拗步 Lōu Xī Āo Bù Pá

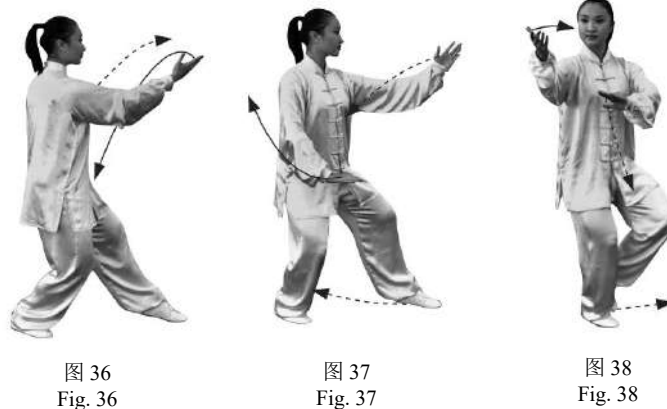
Brush Knee with Bent Step

(1) 接上势，上体微向左再向右转，左脚收至右脚内侧；同时，右手翻



掌由右向左在体前砍掌下落，再由下向右后上方划弧举至右肩外侧，腕与肩平；左手由左下向上、向左、向右划弧至胸前；目视右掌。（图 36—图 38）

(1) Following the previous stance, the body turns slightly to the left then to the right, the left foot retracts to the inner side of the right foot; at the same time, the right palm turns over and chops downwards from the right to the left at the front of the body, following that moves in an arc motion from the bottom to the upper rear right, and lifts to the outer right shoulder with the wrist at the shoulder level; the left hand moves in an arc motion, from the lower left upwards, to the left then right to the front of the chest; look at the right palm. (Figure 36 – Figure 38)



（2）身体微左转；左脚向左前方上步，重心前移，成左弓步；同时，上体继续左转；左掌向下落至腹前再经左膝前搂过，按于左胯旁；右臂屈肘回收，右手经右耳侧向前推出，腕与肩平；目视右掌方向。（图 39—图 41）

(2) The body turns slightly to the left; the left foot steps to the left front, shift the body weight forward to form a left bow stance; at the same time, the upper body continues to turn left; the left palm lowers to the front of the abdomen, then brush pass the front of the left knee, and press at the side of the left hip; the right arm retracts with the elbow bends, moves pass the side of the right ear and pushes to the front with the wrist at the shoulder level; look to the right palm's direction. (Figure 39 – Figure 41)



图 39
Fig. 39



图 40
Fig. 40



图 41
Fig. 41

(3) 身体左转；左脚尖外摆，右脚收至左脚内侧；同时，左手向左后上方划弧至左肩外侧，腕与肩平；右手向上、向左划弧落于胸前；目视左掌。
(图 42—图 44)

(3) The body turns to the left; the left toes turn outwards, the right foot retracts to the inner side of the left foot; at the same time, the left hand moves in an arc motion to the upper left rear to the outer side of the left shoulder, with the wrist at the shoulder level; the right hand moves in an arc motion upwards to the left and lowers to the front of the chest; look at the left palm. (Figure 42 – Figure 44)



图 42
Fig. 42



图 43
Fig. 43



图 44
Fig. 44

(4) 身体微右转；右脚向右前方上步，重心前移，成右弓步；同时，上体继续右转；右掌向下落至腹前再经右膝前搂过，按至右胯旁；左臂屈肘回收，左手经左耳侧向前推出，腕与肩平；目视左掌方向。(图 45—图 47、图 46 附图)

(4) The body turns slightly to the right; the right foot steps to the front right, shift the body weight forward to form a right bow stance; at the same time, the



upper body continues to turn right; the right palm lowers to the front of the abdomen, then brush pass the front of the right knee, and press at the side of the right hip; the left arm retracts with the elbow bends, moves pass the side of the left ear and pushes to the front with the wrist at the shoulder level; look to the left palm's direction. (Figure 45 – Figure 47, Figure 46 Alternate View)

要点：上步时后脚不可拖地，不可抬得过高；移动时身体重心平稳；弓步与搂掌、推掌协调配合；中正安舒，动静有序。

Key Points: When advancing step, the hind foot should not drag against the ground, the foot should not raise too high. When moving, the body weight should maintain stable and steady. The movements of bow stance brush palm and palm push should be harmonized and well-coordinated; the posture being centered and relaxed, the dynamic movements and still poses should be sequential.



图 45
Fig. 45



图 46
Fig. 46



图 46 附图
Fig. 46 Alternate View



图 47
Fig. 47

6. 退步压肘 Tuì Bù Yā Zhǒu

Retreating Step Elbow Press

(1) 接上势，重心后移，上体左转；同时，右掌向左、向右前方划弧平抹；左掌落于腹前；目视右掌。（图 48、图 48 附图）



(1) Following the previous stance, shift the body weight backward, the upper body turns to the left; at the same time, the right palm wipes horizontally in an arc motion to the left and to the right front; the left palm lowers to the front of the abdomen; look to the right palm. (Figure 48, Figure 48 Alternate View)



图 48
Fig. 48



图 48 附图
Fig. 48 Alternate View

(2) 重心前移，上体右转；同时，左手内旋，划弧于右胸前；右手外旋向下划弧收于腹前，掌心向上；目视左掌。（图 49、图 49 附图）

(2) Shift the body weight forward, the upper body turns to the right; at the same time, the left arm rotates inwards, the palm moves in arc motion to the front of the right chest; the right arm rotates outwards, the right palm moves in arc motion and lowers to the front of the abdomen, with the palm facing up; look to the left palm. (Figure 49, Figure 49 Alternate View)



图 49
Fig. 49



图 49 附图
Fig. 49 Alternate View

(3) 上体左转，重心后移；右脚尖内扣；随即右臂内旋向左横击肘，左手外旋落至右手下；目视右肘。（图 50、图 50 附图）

(3) The upper body turns to the left, shifts the body weight backward; the right toes turn inwards, following that, the right arm rotates inwards, jab



horizontally to the left with the elbow, the left hand rotates outwards and lowers below the right hand; look to the right elbow. (Figure 50, Figure 50 Alternate View)



图 50
Fig. 50



图 50 附图
Fig. 50 Alternate View

(4) 身体右转，重心左移；随即右脚跟提起，前脚掌贴地经左脚内侧划弧擦地向右后退步，脚踏地，右腿屈膝微蹲，重心偏于右腿；同时，左手内旋向前经右手上方向左前方压切横击掌发力，腕与腹平；右臂外旋前伸翻掌，屈肘向后顶击发力，右手收至右腰侧；目视左掌方向。（图 51、图 52、图 52 附图）

(4) The body turns to the right, shift the body weight to the left; following that, lift the right heel and slide with the front sole on the ground, in an arc motion, pass the inner side of the left foot, to the right rear; the right heel steps down on the ground and slightly bend the knee, shift the body weight more to the right leg; at the same time, the left hand rotates inwards, passes above the right hand, and moves forward, then forcefully press and chops horizontally to the left front, with the wrist at the abdomen level; the right arm rotates outwards, extends forward and flip the palm, bends the elbow and forcefully jab to the rear, then holds at the right side of the waist; look to the left palm's direction. (Figure 51, Figure 52, Figure 52 Alternate View)

要点：抹掌裹手横击肘连贯顺遂；右脚贴地退步踏震与压切掌、顶肘发力协调一致，劲力顺达，快慢相间。

Key Points: The movements of the wiping palm, wrapping hand and horizontal elbow jab should be continuous and flowing. The movements of the right foot dragging retreated step, stamp step and the horizontal chop and elbow



jab should be well-coordinated and in unison, the force exerted should be smooth, with regulating swiftness and slowness.



图 51
Fig. 51



图 52
Fig. 52



图 52 附图
Fig. 52 Alternate View

7. 腾空飞脚 Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

接上势，重心前移；右脚向左前方上步，蹬地向上跳起腾空，左腿向前上摆起；同时，两臂依次向前、向上摆动至头前上方；随即右腿向上踢摆，右脚脚面展平，右掌拍击右脚面；目视右脚。（图 53、图 54）

Following the previous stance, shift the body weight forward; the right foot steps to the front left, pushes the ground and jump up, the left foot swings forward; at the same time, the two arms swings sequentially forward and upwards to the front above the head; following that, the right foot kicks up with the face of the foot flattened, the right hand slaps on the face of the right foot; look at the right foot. (Figure 53, Figure 54)

要点：击响腿伸直，脚尖过肩，击拍准确。

Key Points: The slapped leg should be straightened, and the tip of the toes should be above shoulder level. The slap should be accurate.



图 53
Fig. 53



图 54
Fig. 54



8. 腾空摆莲 360° Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

接上势，双脚同时落地，随即原地双脚蹬地向上跳起腾空；身体在空中向右后转 360°；同时，两臂上摆，右腿向右外摆，左掌拍击右脚面；目视右脚。（图 55、图 56）

Following the previous stance, land with both feet, immediately both feet push off the ground and jump up; the body turns to the rear right 360 degrees in the mid-air; at the same time, both arms swing upwards, the right leg swing and kicks outwards to the right, the left palm slaps on the face of the right foot; look at the right foot. (Figure 55, Figure 56)

要点：腾空摆莲 360° 转体到位，击响腿脚尖过肩，击拍准确。

Key Points: In the jumping lotus kick 360°, the body turn should be of sufficient degrees. The tip of the toes of the kicking leg should be above the shoulder level. The slap should be accurate.



图 55
Fig. 55



图 56
Fig. 56

9. 雀地龙 Què Dì Lóng

Hurdler's Split

接上势，在空中两腿前后分开下落成雀地龙跌叉，左腿伸直在前，左脚尖翘起，右腿屈膝在后，臀部、右膝内侧和左腿后侧贴地；同时，两掌变拳，左拳前伸置于左腿上方，拳心向上；右拳举至右肩上方高过头，拳心斜向下；目视左拳方向。（图 57）

Following the previous stance, the two legs parted into front and back and



land into the dragon diving to the ground stance, the left leg straightened at the front with the toes pointing upwards, the right knee bends at the rear. The buttock, the inner side of the right knee and the back of the left leg should be touching the ground; at the same time, both palms change to fists, the left fist extends forward and positioned above the left leg with the heart of the fist facing up; the right fist raises to above the right shoulder and higher than the head level with the heart of the fist facing diagonally down; look to the left fist's direction. (Figure 57)

要点：两腿不可依次落地，雀地龙前腿脚掌不可内扣触地，两大腿夹角大于 45° 。

Key Points: The two legs are not allowed to land sequentially. In the dragon diving to the ground stance, the front foot sole is not allowed to turn inwards to touch the ground. The angle between the two thighs must be greater than 45 degrees.



图 57
Fig. 57



第二段 Section Two

10. 肘底捶 Zhǒu Dǐ Chuí

Under Elbow Fist

(1) 接上势，左腿屈膝回收，重心前移上升，右脚跟步；同时，身体微左转；左拳变掌随起身向左、向下划弧下采置于左胯旁；右拳变掌旋臂经下向右、向上、向左划弧砍掌至体前，腕与肩平；目视右掌。（图 58—图 60、图 60 附图）

(1) Following the previous stance, the left knee bends and retracts, shift the body weight forward and rises up, the right foot take a follow step in towards the left foot; at the same time, the body turns slightly to the left; the left fist changes to palm as the body rises, grabs and moves downwards to the left in an arc motion to the side of the left hip section; the right fist changes to palm and rotates the forearm inwards, moves from the bottom to the right, then upwards, and chops horizontally to the left at the front of the body, positioned the wrist at shoulder level; look at the right palm. (Figure 58 - Figure 60, Figure 60 Alternate View)



图 58
Fig. 58



图 59
Fig. 59



图 60
Fig. 60



图 60 附图
Fig. 60 Alternate View



(2) 身体微向右再向左转，重心右移；右脚踏实，左脚向前进步，脚跟随着地，脚尖上翘，左腿膝微屈，成左虚步；同时，左手由腰间变拳经右手上方前上方打出，拳心斜向上，腕与肩平；右臂屈肘内收，右按掌变拳收至左肘下，拳眼向上，两臂微屈；目视左拳方向。（图 61）

(2) The body turns slightly to the right first then to the left, shift the body weight to the right; the right foot steps down on the ground, the left foot follows and advance a step forward, with the left heel touches the ground and the toes tilted upwards, bends the left knee slightly, forming a left empty stance; at the same time, the left hand changes to fist, moves from the waist, bypass over the right hand, and punches to the upper front, with the eye of the fist diagonally upwards and the wrist at the shoulder level; the right elbow bends and retracts, the right palm changes to fist and position below the left elbow, with the eye of the fist pointing up; both arms slightly bend; look to the left fist's direction. (Figure 61)

要点：虚步与打捶协调配合。

Key Points: The movements of the empty stance and the hammer fist should be well-coordinated.



图 61
Fig. 61

11. 倒卷肱 Dǎo Juǎn Gōng

Retreating Steps with Arms Curling

(1) 接上势，上体右转；同时，右拳变掌向下经腹前向右后上方划弧平举，腕与肩平；左拳变掌前伸；目视右掌。（图 62、图 63）

(1) Following the previous stance, the body turns to the right; at the same time, the right fist changes to palm, moves down and bypass the front of the



abdomen, then levels the palm horizontally and lifts towards the upper rear right in an arc motion; the left fist changes to palm, extends to the front; look to the right palm. (Figure 62, Figure 63)



图 62
Fig. 62



图 63
Fig. 63

(2) 左脚提起后退一步，前脚掌先着地，然后全脚踏实；重心左移，身体左转；右脚随转体以前脚掌为轴扭正，脚跟抬起，成右虚步；同时，右臂屈肘折向前，右手由右耳侧经左手上方向前推出，腕与肩平；左臂屈肘后撤顶肘，左手收至左腰侧；目视右掌方向。（图 64、图 65、图 65 附图）

(2) The left heel lifts and retreat a step, with the front sole lands first and transits to the full sole stepping on the ground; shift the body weight to the left and turn the body to the left; the right foot, following the body turn, turns in with the front sole and lifts the heel to form a right empty stance; at the same time, bends the right elbow with palm facing the front, the right hand moves from the side of the right ear towards the top of the left hand and pushes to the front, the wrist at the shoulder level; the left elbow bends and jabs to the rear, the left hand retracts to the side of the left waist; look at the right palm's direction. (Figure 64 - Figure 65, Figure 65 Alternate View)



图 64
Fig. 64



图 65
Fig. 65



图 65 附图
Fig. 65 Alternate View



(3) 上体左转；同时，左手随转体向后上方划弧平举，腕与肩平；右手前伸；目视左掌。（图 66）

(3) The upper body turns to the left; at the same time, the left hand, following the body turn, moves to the rear and levels the palm horizontally and lifts upwards in an arc motion, the wrist at the shoulder level; the right hand extends to the front; look at the left palm. (Figure 66)



图 66
Fig. 66

(4) 右脚提起后退一步，前脚掌先着地，然后全脚踏实；重心右移，身体右转；左脚随转体以前脚掌为轴扭正，脚跟抬起，成左虚步；同时，左臂屈肘折向前，左手由左耳侧经右手上方方向前推出，腕与肩平；右臂屈肘后撤顶肘，右手收至右腰侧；目视左掌方向。（图 67、图 67 附图、图 68）

(4) The right heel lifts and retreat a step, with the front sole lands first and transits to the full sole stepping on the ground; shift the body weight to the right and turn the body to the right; the left foot, following the body turn, turns in with the front sole and lifts the heel to form a left empty stance; at the same time, bends the left elbow with palm facing to the front, the left hand moves from the side of the left ear towards the top of the right hand and pushes to the front, the wrist at the shoulder level; bend the right elbow and jabs to the rear, the right hand retracts to the side of the right waist; look at the left palm's direction. (Figure 67, Figure 67 Alternate View, Figure 68)

要点：退步不可抬脚过高；移动时身体重心平稳，不可左右歪斜；虚步与推掌、顶肘协调配合。

Key Points: In the retreating steps, the foot should not be lifted too high above the ground; during movements, the body's center of gravity should be



stable and steady, and it should not be slanting to the sides; the movements of the empty stance, the palm push and the elbow jab should be well-coordinated.



图 67
Fig. 67



图 67 附图
Fig. 67 Alternate View



图 68
Fig. 68

12. 搬拦捶 Bān Lán Chuí

Deflect, Parry and Punch

(1) 接上势，左脚跟落地，脚尖内扣；身体右转；同时，左掌外旋，右掌内旋向左上经左前臂内侧，由左向右前方划弧平抹，左掌落于右肘内侧下方；目视右掌。（图 69、图 70）

(1) Following the previous stance, the left heel steps down with the toes turns inwards; the body turns to the right; at the same time, the left palm rotates outwards; the right palm rotates inwards, past the inner side of the left forearm and moves to the upper left, and wipe horizontally from the left to the right front in an arc motion; the left palm lowers to the inner side of the right elbow; look at the right palm. (Figure 69, Figure 70)



图 69
Fig. 69



图 70
Fig. 70



(2) 身体微左转，重心左移；右脚收于左脚内侧；同时，左手向左划弧，再向上卷收于体前，掌心向下；右掌变拳向下划弧收于腹前；目视左掌方向。

(图 71)

(2) The body turns slightly to the left, shift the body weight to the left; the right foot retracts to the inner side of the left foot; at the same time, the left hand moves in an arc motion to the left, and then upwards and retracts to the front of the body, with the palm facing down; the right palm changes to fist, moves down in an arc motion to the front of the abdomen; look at the left palm's direction. (Figure 71)



图 71
Fig. 71

(3) 右脚向右侧上步，脚跟着地，脚尖外摆；随即右拳经左臂内侧向前翻转搬出，拳心向上，腕与胸平；左掌下按至左胯旁；目视右拳方向。（图 72）

(3) The right foot steps forward to the right side, with only the heel touches the ground and the toes turns outwards; following that, the right fist moves past the inner side of the left arm, rotates and parry towards the front, with the heart of the fist facing up, the wrist at chest level; the left palm presses down to the side of the left hip section; look to the right fist's direction. (Figure 72)



图 72
Fig. 72



(4) 重心前移，身体右转；同时，右前臂内旋，右拳向右划弧至体侧；左前臂外旋，左掌向左、向前摆至体前，掌心向上；目随右拳再转视左掌方向。（图 73、图 73 附图）

(4) Shift the body weight forward, the body turns to the right; at the same time, the right forearm rotates inwards, the right fist moves to the right in an arc motion to the side of the body; the left forearm rotates outwards, the left palm moves to the left, then forward and positions in front of the body, with the palm facing up; the eyes follow the right fist first then turns to the left palm's direction. (Figure 73, Figure 73 Alternate View)



图 73
Fig.73



图 73 附图
Fig. 73 Alternate View

(5) 左脚经右脚内侧向前上步，脚跟落地；同时，右拳收于右腰间，掌心向上；左手内旋立掌，拦于体前；目视左掌方向。（图 74、图 74 附图）

(5) The left foot moves past the inner side of the right foot and steps forward with only the heel touches the ground; at the same time, the right fist retracts to the right waist with the heart of the fist facing up; the left hand rotates inwards to a vertical palm, and blocks at the front of the body; look to the left palm's direction. (Figure 74, Figure 74 Alternate View)



图 74
Fig.74



图 74 附图
Fig. 74 Alternate View



(6) 重心前移，成左弓步；同时，右拳自腰间旋转向前冲打，拳眼转向上，腕与胸平；左掌收附于右前臂内侧；目视右拳方向。（图 75）

(6) Shift the body weight forward to form a left bow stance; at the same time, the right fist rotates and punches to the front from the waist, with the eye of the fist pointing up, the wrist at the chest level; the left palm retracts and positions at the inner side of the right arm; look to the right fist's direction. (Figure 75)

要点：搬拳和拦掌有明显的弧度；右拳向前冲打与弓步协调一致，舒展和顺，圆活完整。

Key Points: The movements of parry fist and blocking palm should have an obvious arc motion; the movements of the right forward punch and the bow stance should be well-coordinated and in unison, expansive and smooth, flexible and complete.



图 75
Fig. 75

13. 右蹬脚 Yòu Dēng Jiǎo

Right Heel Kick

(1) 接上势，重心微后移，左脚尖外摆；上体微左转，重心前移，左腿屈膝前弓；同时，右拳变掌臂内旋，左手外旋，两掌分别向左右划弧分举；目随右掌再转视左掌方向。（图 76、图 77）

(1) Following the previous stance, shift the body weight slightly backwards, the left toes turns outwards; the upper body turns slightly to the left, shift the body weight forward, the left knee bends and pushes forward; at the same time, the right fist changes to palm and rotates the forearm inwards, the left hand rotates outwards, the two palms move to the respective sides in an arc motion and lifts



upwards; the eyes follow the right palm first then turns to the left palm's direction.
(Figure 76, Figure 77)



图 76
Fig. 76



图 77
Fig. 77

(2) 左腿微屈站稳，右腿屈膝提起；同时，右掌向下、向左、向上划弧，左掌向左、向上、向右划弧至胸前，两腕交叠，两掌交叉合抱，右掌在外；目视两掌方向。（图 78）

(2) The left leg bend slightly and stand firm, the right knee bends and lifts up; at the same time, the right palm moves downwards, to the left and then up again in an arc motion, the left palm moves to the left, up and to the right in an arc motion to the front of the chest, both wrists crossed and the palms facing the chest with the right palm on the outer side; look to the palms' direction. (Figure 78)



图 78
Fig. 78

(3) 右脚向右前方蹬出，脚尖勾回；同时，两掌分别向右前方和左方划弧分开撑举，腕与肩平，右臂与右腿上下相对；目视右掌方向。（图 79）

(3) The right foot execute a heel kicks to the front right, with the toes tilt backwards; at the same time, the two palms parts with the right palm extend to the front right and the left palm extend to the left side, in an arc motion, both wrists at



the shoulder level, the right arm aligns vertically with the right foot; look to the right palm's direction. (Figure 79)

要点：蹬脚上举腿伸直，高过水平；蹬脚与分掌协调一致。

Key Points: In the movement of the right heel kick, the leg should be straightened and should be higher than the horizontal level. The heel kick and the parting of palms should be coordinated and in unison.



图 79
Fig. 79

14. 双峰贯耳 Shuāng Fēng Guàn Ěr

Double Inward Jab to Ears

(1) 接上势，右腿屈膝，小腿回收，脚尖下垂；同时，左手向右摆掌，两臂在胸前相合，两掌心向下；目视前方。（图 80）

(1) Following the previous stance, the right knee bends and retracts the calf with the toes pointing down; at the same time, swings the left hand to the right, both arms position close together in front of the chest, with the palm facing down; look to the front. (Figure 80)



图 80
Fig. 80

(2) 右脚向右前方落步；同时，两掌掌心翻转向上，划弧平行下落于腹



前；目视前方。（图 81、图 81 附图）

(2) The right foot lands to the front right; at the same time, both palms flip to facing upwards, move in an arc motion and lower to the front of the abdomen; look to the front. (Figure 81, Figure 81 Alternate View)



图 81
Fig. 81

图 81 附图
Fig. 81 Alternate View

(3) 重心前移，成右弓步；同时，两手握拳经两侧向前上方划弧掳打，腕与耳平，拳眼斜向下，两臂微屈成弧形，两拳间距与头同宽；目视前方。（图 82、图 82 附图、图 83）

(3) Shift the body weight forward, form a right bow stance; at the same time, both hands change to fists, move in an arc motion from both sides and strike to the upper front, the wrists at the ear level, with the eyes of the fists diagonally downwards, the two arms slightly bend in a rounded posture; the distance between the two fists is as wide as the head; look to the front. (Figure 82, Figure 82 Alternate View, Figure 83)

要点：重心前移成弓步与两掌变拳自下经两侧向前上方弧形圈打协调配合，沉稳浑厚，绵里藏针。

Key Points: The movements of forming the bow stance, transforming the palm to fist and the arms' striking movements should be well-coordinated, sturdy and firm, and the strength being hidden in the gentleness.



图 82
Fig. 82



图 82 附图
Fig. 82 Alternate View



图 83
Fig. 83

15. 左分脚 Zuǒ Fēn Jiǎo

Left Parting Kick

(1) 接上势，身体左转，重心左移；右脚尖内扣；同时，两拳变掌划弧平分于身体两侧；目视左掌。（图 84）

(1) Following the previous stance, the body turns to the left, shift the body weight to the left; turn the right toes inwards; at the same time, both fists change to palms, move in an arc motion, part horizontally to the sides of the body; look to the left palm. (Figure 84)



图 84
Fig. 84

(2) 重心右移；右腿微屈站稳，左腿屈膝提起；同时，左掌向下、向右、向上划弧，右掌向下、向左、向上划弧至胸前，两腕交叠，两掌交叉合抱，左掌在外；目视两掌方向。（图 85、图 86）

(2) Shift the body weight to the right; the right leg bends slightly and stands firm, the left knee bend and lifts up; at the same time, the left palm moves down, to the right and then upwards again in an arc motion, the right palm moves down, to the left and then upwards in an arc motion, both wrists crossed each other in



front of the chest, both palms hug in a crossed manner with the left palm on the outer side; look to the palms' direction. (Figure 85, Figure 86)



图 85
Fig. 85



图 86
Fig. 86

(3) 左脚脚面展平向左前上方踢出；同时，两掌向左前方和右方划弧分开撑举，腕与肩平，左臂与左腿上下相对；目视左掌方向。（图 87）

(3) The left foot kicks to the upper left front with the face of the foot flattened; at the same time, both palms part and extend in an arc motion to the left front and the right respectively, both wrists shoulder level; the left arm aligns with the left leg vertically; look to the left palm's direction. (Figure 87)

要点：分脚上举腿伸直，高过水平；分脚与分掌协调一致。转接柔顺，不偏不倚。

Key Points: In the movement of parting kick, the leg should be straightened and higher than the horizontal level; the parting kick and the parting of the palms should be well-coordinated and in unison. The transition of the movements should be smooth and gentle, exact and balanced.



图 87
Fig. 87



16. 仆步下势 Pú Bù Xià Shì

Crouching Stance Downward Threading Palm

(1) 接上势，左腿屈膝，小腿回收，脚尖下垂；同时，右掌变钩手，腕与肩平；左手经面前向右划弧摆至右臂内侧；目视右钩手。（图 88、图 89）

(1) Following the previous stance, the left knee bends and retracts the calf with the toes pointing down; at the same time, the right palm changes to a hook hand with the wrist at the shoulder level; the left hand moves past the front of the face, and swings to the right to the inner side of the right arm in an arc motion; look at the right hook hand. (Figure 88, Figure 89)



图 88
Fig. 88



图 89
Fig. 89

(2) 身体微右转；右腿屈膝半蹲；左脚前脚掌落地，沿地面向左侧伸出，随即全脚踏实，左腿自然伸直，成右弓步；目视右钩手方向。（图 90）

(2) The body turns slightly to the right; the right knee bends to a half squat; the left front sole lands on the ground, follows along the ground surface and extends to the left side and immediately steps down with full sole, the left leg straightens naturally and forms a right bow stance; look at the right hook hand's direction. (Figure 90)

(3) 上体左转；右腿屈膝全蹲，左腿伸直平铺，成左仆步；同时，左掌心由内转向外，体前划弧向下经左大腿内侧向左穿伸；目视左下方。（图 91）

(3) The upper body turns left; the right knee bends to a full squat, the left leg straightens to form a left crouching stance; at the same time, the left palm turns and face outwards, moves past the front of the body then downwards, and threads along the inner side of the left thigh to the left; look to the lower left. (Figure 91)



要点：仆步时屈蹲腿全蹲，平铺腿伸直，全脚掌内扣着地。

Key Points: In the crouching stance, the bending leg should be in a full squat, the extended leg should be straightened, with the full sole touching the ground and toes turning inwards.



图 90
Fig. 90



图 91
Fig. 91

17. 金鸡独立 Jīn Jī Dú Lì

Golden Rooster Single-Leg Stand

(1) 重心前移，上体左转；左脚尖外摆，左腿屈膝前弓，右脚尖内扣，成左弓步；同时，左臂继续向前穿伸挑掌，成侧立掌，腕与肩平；右臂内旋下落至身后，钩尖斜向上；目视左掌方向。（图 92）

(1) Shift the body weight forward, the upper body turns left; the left toes turn outwards, the left knee bends and pushes forward, the right toes turn inwards, forming a left bow stance; at the same time, the left arm continues to thread forward and flick upwards, forming a vertical palm with the wrist at shoulder level; the right arm rotates inwards and lowers to the back of the body, the tip of the hook hand pointing diagonally up; look to the left palm's direction. (Figure 92)



图 92
Fig. 92

(2) 上体微向左再向右转，重心后移；同时，左手内旋前伸再外旋向右



横掌；右钩手变掌向前、向右划弧于体侧；目视左掌方向。（图 93、图 93 附图、图 94）

(2) The upper body first turns slightly to the left then to the right, shift the body weight backward; at the same time, the left hand rotates inwards and extends forward, then rotates outwards to chop to the right; the right hook hand changes to palm, moves forward then to the right, in an arc motion, to the side of the body; look to the left palm's direction. (Figure 93, Figure 93 Alternate View, Figure 94)



图 93
Fig. 93



图 93 附图
Fig. 93 Alternate View



图 94
Fig. 94

（3）重心左移，身体左转；左腿微屈站稳，右腿屈膝提起，脚尖下垂，成左独立步；同时，左掌内旋划弧下按于左胯旁；右掌先外旋向右下经腰间从左前臂内侧上穿，再翻掌撑于右额上方；目视前方。（图 95—图 97、图 96 附图、图 97 附图）

(3) Shift the body weight to the left, the body turns left; bend the left leg slightly and stands firm, the right knee bends and lifts up with the toes pointing down, forming a left single-leg stance; at the same time, the left palm rotates inwards and moves in an arc motion, presses at the side of the left hip section; the right palm first rotates outwards and moves down past the waist, and thread upwards from the inner side of the left forearm, then flips the palm to block upwards at the upper right of the forehead; look to the front. (Figure 95 - Figure 97, Figure 96 Alternate View, Figure 97 Alternate View)

要点：提膝高过腰，提膝独立与右掌上撑、左掌下按协调一致；势正劲整，柔中寓刚。

Key Points: The raised knee should be higher than the waist level. The



movements of the raised knee single-leg stance, the right palm upward block and left palm downward press should be well-coordinated; the pose should be upright, and the strength be unified, the strength being implicated in the gentleness of the movements.



图 95
Fig. 95



图 96
Fig. 96



图 96 附图
Fig. 96 Alternate View



图 97
Fig. 97



图 97 附图
Fig. 97 Alternate View

18. 旋风脚 180° Xuàn Fēng Jiǎo 180°

Tornado Kick 180°

接上势，右脚下落，原地双脚蹬地跳起腾空；身体在空中向左后转 180°；同时，右臂下落，两臂依次向上、向后摆动至头前上方；随即右腿里合，左掌拍击右脚掌；击响腿单脚落地支撑，两臂自然下落，掌心均向下；目视前方下方。（图 98—图 100）

Following the previous stance, the right foot steps down, both feet push the ground and jump up at the original spot; the body turns to the rear left 180 degrees



in mid-air; at the same time, the right arm lowers, then both arms swings up backwards sequentially to the upper front of the head; immediately, the right foot kicks inwards (inner crescent kick), the left palm slaps on the right sole; the right foot lands and supported with single leg, the two arms lower naturally with the palms facing down; look to the lower front. (Figure 98 – Figure 100)

要点：原地起跳前不可停顿；击响腿脚尖过肩，击拍准确。击响腿单腿落地时不可出现上体晃动、脚移动或跳动。

Key Points: When jumping from the original spot, there should not be any pause; the toes of the kicking leg should be higher than the shoulder level, the slap should be accurate. When landing with a single leg, there should not be any swaying of torso, shifting of foot or hopping.



图 98
Fig. 98



图 99
Fig. 99



图 100
Fig. 100

19. 独立托掌 Dú Lì Tuō Zhǎng

Single-Leg Stance Palm Lift

接上势，右腿微屈站稳，左腿屈膝提起，脚尖下垂，成右独立步；同时，左掌翻转上托，举于体前，腕与肩平；右掌向右、向上划弧，撑于体侧，腕与肩平；目视左掌方向。（图 101）

Following the previous stance, the right leg bends slightly and stand firm, the left knee bends and lifts up with the toes pointing down, forming a right single-leg stance; at the same time, the left palm flips and lift upwards at the front of the body with the wrist at shoulder level; the right palm moves in an arc motion to the right then upwards, and extend to the side of the body, the wrist at the shoulder level; look to the left palm's direction. (Figure 101)



要点：右脚站立稳固，左脚脚尖不可触地；提膝高过腰，提膝独立与托、撑掌协调一致。

Key Points: The right leg stands firm and steady; the left toes should not touch the ground; the knee should be raised above the waist level. The movements of the single-leg stance and the palm lift should be well-coordinated and in unison.



图 101
Fig. 101



第三段 Section Three

20. 指裆捶 Zhǐ Dāng Chuí Groin Pointing Strike

(1) 接上势，左脚向左前落步；同时，右掌变拳收至腰间，拳心向上；左掌内旋向右、向下压掌，掌心向下；目视前方。（图 102、图 102 附图）

(1) Following the previous stance, the left foot lands to the front left; at the same time, the right palm changes to fist and retracts to the waist with the heart of the fist facing up; the left palm rotates inwards and presses down to the right with the palm facing down; look to the front. (Figure 102, Figure 102 Alternate View)



图 102
Fig. 102



图 102 附图
Fig. 102 Alternate View

(2) 重心前移，成左弓步；同时，左掌向左前弧形搂按至左胯旁；右拳向前下方冲打，拳眼斜向上，腕与腹平；目视前下方。（图 103、图 104）

(2) Shift the body weight forward, form a left bow stance; at the same time, the left palm grasp to the left in an arc motion and press at the side of the left hip section; the right fist punches to the lower front, with the eye of the fist pointing diagonally up and the wrist at the abdomen level; look to the lower front. (Figure 103, Figure 104)

要点：落步、搂按掌和弓步协调配合；右拳自腰间向前下方冲打，力达拳面。

Key Points: The landing step, grasp and press palm and the bow stance should be well-coordinated; the right fist punches from the waist to the lower front should have the force exerted at the face of the fist.



图 103
Fig. 103



图 104
Fig. 104

21. 野马分鬃 Yě Mǎ Fēn Zōng

Part the Wild Horse's Mane

(1) 接上势，重心左移，身体微左转；右脚收至左脚内侧；同时，左掌划弧举于胸前，腕与胸平；右拳变掌划弧合于腹前，体前抱掌；目视左掌方向。（图 105）

(1) Following the previous stance, shift the body weight to the left, the body turns slightly to the left; the right foot retracts to the inner side of the left foot; at the same time, the left palm moves in an arc motion and raise to the front of the chest with the wrist at the chest level; the right fist changes to palm, moves in an arc motion, to the front of the abdomen and aligns with the left palm, form a hugging palm; look to the left palm's direction. (Figure 105)



图 105
Fig. 105

(2) 右脚向右前方上步，重心前移，成右弓步；同时，上体右转；右左手随转体分别向右上、左下分开，右掌腕高过肩，掌心斜向上，左掌按至左胯旁；目视右掌方向。（图 106—图 108）

(2) The right foot steps to the right front, shift the body weight forward, form a right bow stance; at the same time, the upper body turns right; following the



body turn, both palm parted to the upper right and lower left; the right hand moves to the upper right with the wrist at the shoulder level and palm facing slanting up, the left palm presses at the side of the left hip section; look to the right palm's direction. (Figure 106 - Figure 108)

要点：弓步斜分掌两臂保持弧形，弓步与分靠协调配合；身体重心转换保持平稳，势正招圆，紧凑灵活。

Key Points: In the bow stance parting palms, both arms should maintain in a rounded posture, the bow stance and the leaning parting palms should be well-coordinated; the shifting of the body weight should maintain stable, the pose should be upright, and movements should be circular, the entire movement should be compact and flexible.



图 106
Fig. 106



图 107
Fig. 107



图 108
Fig. 108

22. 海底针 Hǎi Dǐ Zhēn

Needle in the Sea Bottom

(1) 接上势，右手收至左肩前，左手撩掌；随即重心左移，右脚尖翘起；右手下落，左手举至体前；目视左掌。（图 109、图 110）

(1) Following the previous stance, the right hand retracts to the front of the left shoulder, the left palm performs an uppercut lift palm; immediately the body weight shifts to the left, the right toes tilt up; then right hand lowers down and the left hand raises to the body front; look to the left palm. (Figure 109, Figure 110)



图 109
Fig. 109



图 110
Fig. 110

(2) 重心继续左移；右脚回收至左脚右前方，前脚掌着地，两腿屈膝下蹲；同时，左臂微屈，左手下插掌垂落于体前；右手前摆划弧随右臂屈肘向上收至左耳侧；目视前下方。（图 111）

(2) Continue to shift the body weight to the left; the right foot retracts to the right front of the left foot, with only the front sole supports the ground, both knees bend and squat; at the same time, the left arm bends slightly, the left hand thrust downwards at the body front; the right hand swings forward in an arc motion and following that bend the elbow to retract to the side of the left ear; look to the lower front. (Figure 111)

要点：下蹲时虚领顶劲，不可低头、弓腰、撅臀。

Key Points: While squatting down, imagine an upward pull at the top of the head, there should not be lowering of head, hunching of back, or sticking out of buttocks.



图 111
Fig. 111

23. 闪通背 Shǎn Tōng Bei

Flashing Out Arms

(1) 接上势，两腿蹬伸，右脚向前上步，脚跟着地；同时，左臂向上挑成前平举；右手外旋，掌心向上落至左肘下，随即向前穿至左腕处；目视左



掌。(图 112、图 113)

(1) Following the previous stance, both legs push the ground and extend upwards, the right foot then steps forward with the heel touches the ground; at the same time, the left arm flick upwards to a horizontal lift; the right hand rotates outwards with the palm facing up and positioned under the left elbow, following that, thread forward to the left wrist; look to the left palm. (Figure 112, Figure 113)

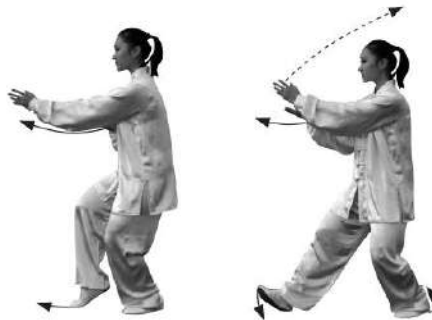


图 112
Fig. 112

图 113
Fig. 113

(2) 右脚尖内扣落地，左脚以前脚掌为轴脚跟内收，上体左转，两腿屈膝，成马步；同时，左臂屈肘，左掌架至左额上方；右手内旋，沿左手下向右推出，腕与肩平；目视右掌方向。(图 114)

(2) The right toes turn inwards and step down, the left foot, using the front sole as the rotational axis, turn the heel inwards, the upper body turns left, both knees bend to form a horse stance; at the same time, the left elbow bends and block upwards above the left forehead; the right hand rotates inwards, pushes out from under the left hand, with the wrist at the shoulder level; look to the right palm's direction. (Figure 114)

要点：身体保持中正，马步圆裆开胯；架推掌力达掌根；端正严密，柔化细腻。

Key Points: The body maintains centered and upright, the horse stance should have rounded groin and extended hip joints; the block and push palm should have the force exerted at the root of the palm; the entire movement should be upright and tight, soft and detailed.



图 114
Fig. 114

24. 提手上势 Tí Shǒu Shàng Shì

Hand Raise High Form

重心左移；右脚尖内扣收至左脚内侧，前脚掌着地，两腿微屈；同时，左手摆举至额前；右手向下、向左划弧摆收至小腹前，掌指向下；目视前方。
(图 115、图 116)

Shift the body weight to the left; the right toes turn inwards and retracts to the inner side of the left foot, the front sole touches the ground, both legs slightly bend; at the same time, the left hand swings up the front of the forehead; the right hand swings, in arc motion, downwards then towards the left and positioned at the front of the abdomen, with the fingers pointing down; look to the front. (Figure 115, Figure 116)

要点：右脚内收与左掌上举、右掌摆收协调配合，上下相随，舒展圆活。

Key Points: The movements of the right foot retract, the left palm uplift and the right palm retract should be well-coordinated, the upper body and lower limbs movements should follow up in correspondence and well-coordinated, expansive and flexible.

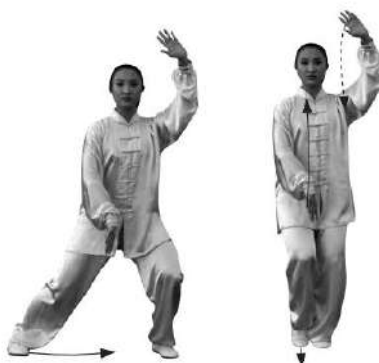


图 115
Fig. 115

图 116
Fig. 116



25. 白鹤亮翅 Bái Hè Liàng Chì

White Crane Spreading Wings

(1) 右脚向前上步，脚跟着地；同时，左掌从前额向下移至左胸前，左肘靠肋；右掌从腹前向上提举至右额上方；目视前方。（图 117）

(1) Right foot steps forward with the heel touches the ground; at the same time, the left palm lowers from the front of the forehead to the front of the left chest, the left elbow closing in towards the rib section; the right palm raises and lifts from the front of the abdomen to above the right forehead; look to the front. (Figure 117)



图 117
Fig. 117

(2) 右脚踏实，重心右移；左脚跟步至右脚内侧，前脚掌着地；同时，右手向下经脸的右侧至右胸前，肘尖下垂，手心向前，高与左手平齐，两掌一起向前推出，腕与肩平；目视前方。（图 118、图 119）

(2) The right foot steps down, shift the body weight to the right; the left foot follows a step to the inner side of the right foot, with only the front sole touches the ground; at the same time, the right hand lowers past the right side of the face to the front of the right chest, with the elbow pointing down and palm facing forward, at same level with the left hand; both palms pushes forward together with the wrists at the shoulder level; look to the front. (Figure 118, Figure 119)

要点：两掌前推，力达掌根；推掌与跟步协调一致；敏捷自然，转换灵活。

Key Points: When pushing with both palms, the force should be exerted at the root of the palm; the movements of the palm push and the follow step should



be well-coordinated and in unison; the entire movement being agile, natural and the transition being flexible.



图 118
Fig. 118



图 119
Fig. 119

26. 后插腿低势平衡 Hòu Chā Tuǐ Dī Shì Píng Héng

Low Balance with Leg Crossed Behind

接上势，重心左移；右腿向左、向右摆起，随即从支撑腿后向左侧前方插腿低势平衡；左腿屈膝全蹲支撑；同时，右手向左、向上、向右经右下向左前在体前划弧下插掌，左掌附于右臂内侧，接着两掌向右上左下斜分；目视左掌方向。（图 120—图 124）

Following the previous stance, shift the body weight to the left; the right foot swings up to the left side then to the right, immediately tuck behind the supporting leg and extends to the side of the left front, forming a back crossed-leg low balance stance; the left leg bends to a full squat to support the stance; at the same time, the right hand moves to the left, upwards, to the right and past the lower right to the left front in an arc motion and thrusts to the front of the body, the left palm attaches to the inner side of the right arm, following that, both palms separates and moves diagonally to the upper right and lower left respectively; look to the left palm's direction. (Figure 120 - Figure 124)

要点：插出腿脚不可触地，支撑腿大腿低于水平，手不可扶按支撑腿。

Key Points: The foot of the back-crossing leg should not touch the ground; the level of the thigh of the supporting leg should be lower than the horizontal level; hands are not allowed to support or press on the supporting leg.

太极拳套路动作图解 Movements Illustrations of Taijiquan Routine



图 120
Fig. 120



图 121
Fig. 121



图 122
Fig. 122



图 123
Fig. 123



图 124
Fig. 124



第四段 Section Four

27. 摆莲转体 180° Bǎi Lián Zhuǎn Tǐ 180°

Lotus Kick Body Turn 180°

(1) 接上势，左腿直膝，右腿提膝，两掌右摆；右腿向左上摆起经面前向右外摆，左右掌依次击拍右脚面；目视前上方。(图 125、图 126)

(1) Following the previous stance, the left leg straightens, the right knee raises, both palms swing to the right; the right leg swings upwards to the left and pass the front of the face then to the right side, both hands sequentially slap on the face of the right foot, with the left first then the right; look to the upper front. (Figure 125, Figure 126)



图 125
Fig. 125



图 126
Fig. 126

(2) 上动不停，右腿屈膝提收，两掌摆至左侧；提膝向右后转体 180°，两手随转体摆至身前；目视前方。(图 127、图 128)

(2) Continue from the previous movement without stopping, the right knee bends and holds, the two palm swings to the left side; the raised knee turns 180 degrees to the right rear, the two hands, following the body turn, swings to the front of the body; look to the front. (Figure 127, Figure 128)

要点：击响摆动腿伸直，击拍准确。

Key Points: The kicking leg should be straightened. The slap should be accurate.



图 127
Fig. 127



图 128
Fig. 128

28. 独立抱掌 Dú Lì Bào Zhǎng

Single Raised Knee Stance Ball-Hugging Palm

接上势，提膝独立；两手抱掌于体前，右掌腕与胸平，左掌腕与腹平；目视右掌方向。（图 129、图 129 附图）

Following the previous stance, hold the raised knee and stand on single leg; the two hands form a hugging palm in front of the body, the right wrist at the chest level, and the left wrist at the abdomen level; look to the right palm's direction. (Figure 129, Figure 129 Alternate View)

要点：提膝要高过腰，两臂微屈圆撑。

Key Points: The level of the raised knee should be higher than the waist level, the two arms should bend slightly and be rounded in posture.



图 129
Fig. 129



图 129 附图
Fig. 129 Alternate View

29. 双震脚 Shuāng Zhèn Jiǎo

Double Stamping Feet

(1) 接上势，右脚向左前方盖步落下，左脚跟在右脚落地时抬起，两腿



交叉屈蹲；同时，两掌一齐向右摆落；目视右掌。（图 130、图 130 附图）

(1) Following the previous stance, the right foot steps to the front of the left foot as the cover step, the left heel raises as the right foot lands, both legs crossed and bend to squat; at the same time, both palms concurrently lowers to the right; look to the right palm. (Figure 130, Figure 130 Alternate View)



图 130
Fig. 130



图 130 附图
Fig. 130 Alternate View

(2) 左脚向后撤步，重心左移，右前脚掌着地，成右虚步；同时，上体微右转；两掌收回于腹前，右手在前，左手在右肘内侧，掌心均向上；目视右掌方向。（图 131、图 132、图 132 附图）

(2) The left foot retreats to the rear, shift the body weight to the left, the right front sole steps to the ground, form a right empty stance; at the same time, the upper body turns slightly to the right; the two palms retract to the front of the abdomen, the right hand at the front, the left hand attaches at the inner side of the right elbow, both palms facing up; look to the right palm's direction. (Figure 131, Figure 132, Figure 132 Alternate View)



图 131
Fig. 131



图 132
Fig. 132



图 132 附图
Fig. 132 Alternate View



(3) 右腿屈膝上摆，左脚蹬地跳起，左脚、右脚依次下落踏地震脚；同时，两掌裹劲上托于胸前，随即两手内旋下按发力于腹前，右手在前，左手在右肘内侧，掌心均向下；目视右掌方向。（图 133、图 133 附图、图 134、图 134 附图）

(3) The right knee bends and swings up, the left foot pushes the ground and jump up, both feet land to stamp on the ground sequentially with the left foot first then the right; at the same time, both palms execute a wrapping force and lifted upwards in front of the chest, following that, the two hands rotate inwards and press forcefully at the front of the abdomen, with the right hand in front and the left hand attaches at the inner side of the right elbow, both palms facing down; look towards the right palm. (Figure 133, Figure 133 Alternate View, Figure 134, Figure 134 Alternate View)

要点：盖步摆掌接双震脚连贯顺畅；跳起上托掌配合吸气，两脚依次下落踏震；下按掌发力，配合呼气下沉。

Key Points: The transition movements from the cover step swing palms and the double stamp feet should be continuously linked and smooth; the jump and the lifting palm should coordinate with the breathing, the two feet should stamp sequentially; the press palm should exert force and coordinate with exhale to sink the body weight down.



图 133
Fig. 133



图 133
Fig. 133 Alternate View



图 134
Fig. 134



图 134 附图
Fig. 134 Alternate View

30. 蹬脚架推 Dēng Jiǎo Jià Tuī

Heel Kick Upper Block Push

(1) 接上势，重心左移，左腿微屈支撑，右腿屈膝提起，两手收于腹前；随即右腿由屈到伸，右脚尖勾起，以脚跟为力点，向右前蹬出发力；同时，右手立掌向右前推出发力，腕与肩平；左掌架于左额上方；目视右掌方向。
(图 135、图 135 附图、图 136、图 136 附图)

(1) Following the previous stance, shift the body weight to the left, the left leg bends slightly to support, the right knee bends and raises up, the two hands retract to the front of the abdomen; following that, the right leg with the toes tilting up, straightens and extended, kicks to the right front with the heel as the impact point; at the same time, the right hand form a vertical palm pushes forcefully to the right front with the wrist at the shoulder level; the left palm blocks upwards at the upper left forehead; look to the right palm's direction.
(Figure 135, Figure 135 Alternate View, Figure 136, Figure 136 Alternate View)



图 135
Fig. 135



图 135 附图
Fig. 135 Alternate View



图 136
Fig. 136

图 136 附图
Fig. 136 Alternate View

(2) 借右蹬脚的反弹力右腿屈膝；同时，两手随右腿屈膝回收，落于腹前；目视前方。（图 137、图 137 附图）

(2) Using the kick's reaction force to bend the right knee; at the same time, the two hands, following the retract of the right knee, lower to the front of the abdomen; look to the front. (Figure 137, Figure 137 Alternate View)

要点：右蹬脚高过水平；蹬脚、架推掌发力，力达右脚跟及两掌根，右蹬脚与架推掌协调一致。

Key Points: The right heel kick should be higher than the horizontal level, and the force exerted at the heel; the push and block palms should exert the force at the roots of the palms. The movements of the heel kick and the push and block palms should be well-coordinated and in unison.



图 137
Fig. 137

图 137 附图
Fig. 137 Alternate View

31. 玉女穿梭 Yù Nǚ Chuān Suō

Jade Maiden Weaving the Shuttle

(1) 接上势，右脚向右前方上步；同时，右手臂向前平伸插掌穿出，掌



心向下；左手置于左腰侧；目视右掌。（图 138、图 138 附图）

(1) Following the previous stance, the right foot lands and steps to the right front; at the same time, the right arm extends and threads forward with the palm facing down; position the left hand at the side of the left waist; look to the right palm. (Figure 138, Figure 138 Alternate View)



图 138
Fig. 138



图 138 附图
Fig. 138 Alternate View

(2) 左脚向前摆起，右脚蹬地；身体腾起右转 180°；同时，左手立掌向左推出，腕与肩平；右掌收架于右额上方；随即右脚向左后方落地插步，前脚掌着地；两手臂姿势保持不变；目视左掌方向。（图 139）

(2) The left leg swings to the front, the right foot pushes the ground and jump up; the body turns to the right 180 degrees in the mid-air; at the same time, the left hand form a vertical palm and pushes to the left with the wrist at the shoulder level; the right palm retracts and blocks at the upper right of the forehead; following that, the right foot steps behind the back of the left foot as a crossed-step, with the right front sole touching the ground; the postures of the two arms remain unchanged; look to the left palm's direction. (Figure 139)

要点：跳插步与架推掌协调配合，力达掌根；劲力充足，节奏分明。

Key Points: The movements of the jumping crossed step and the block-push palm should be well-coordinated, with the block-push palm exerting the force at the roots of the palms; the strength exerted should be forceful; the rhythm of the movements should be clear and obvious.



图 139
Fig. 139

32. 云手 Yún Shǒu

Cloud Waving Hand

(1) 接上势，身体右转 180°，重心右移；随体转右脚掌碾转、左脚尖内扣；同时，两掌向右划弧推出，右掌推至身体右侧，左掌推至右肋旁；目视右掌方向。（图 140、图 140 附图）

(1) Following the previous stance, the body turns 180 degrees to the right, shift the body weight to the right; following the body turn, the right foot sole twist and turn, the left toes turn inwards; at the same time, both palms move in an arc motion and push to the right, the right palm pushes till the right side of the body, the left palm pushes to the side of the right rib section; look to the right palm's direction. (Figure 140, Figure 140 Alternate View)



图 140
Fig. 140



图 140 附图
Fig. 140 Alternate View

(2) 身体微左转，重心左移；随即右脚向左后方插步，前脚掌着地；同时，左掌内旋向上、向左划弧推至身体左侧；右掌外旋，向下、向左划弧推至左肋旁；目视左掌方向。（图 141）



(2) The body turns slightly to the left, shift the body weight to the left; immediately the right foot steps to the back of the left foot, forming a back crossed-step, with the front sole steps on the ground; at the same time, the left palm rotates inwards and moves upward in an arc motion to the left, then pushes to the left side of the body; the right palm rotates outwards and moves downwards in an arc motion to the left, then pushes to the side of the left rib section; look to the left palm's direction. (Figure 141)

(3) 身体微右转，重心右移；左脚向左开步；同时，两掌向右前横推；目视右掌方向。（图 142）

(3) The body turns slightly to the right, shifts the body weight to the right; the left foot steps to the left; at the same time, both palms push horizontally to the right front; look to the right palm's direction. (Figure 142)



图 141
Fig. 141



图 142
Fig. 142

(4) 身体左后转 180°，重心左移；右脚向右开步；同时，左掌内旋，经胸前向上、向左划弧推至身体左侧；右掌外旋向右、向下、向左划弧推至左肋旁；目视左掌方向。（图 143、图 144）

(4) The body turns 180 degrees to the rear left, shift the body weight to the left; the right foot steps to the right; at the same time, the left palm rotates inwards, moves past the front of the chest upwards, then to the left in an arc motion, and pushes to the left side of the body; the right palm rotates outwards, moves downwards to the right, and to the left in an arc motion and pushes to the side of the left rib section; look to the left palm's direction. (Figure 143, Figure 144)



图 143
Fig. 143

图 144
Fig. 144

(5) 身体微右转，重心右移；随即左脚向右后方插步，前脚掌着地；同时，右掌内旋向上、向右划弧推至身体右侧；左掌外旋，向下、向右划弧推至右肋旁；目视右掌方向。（图 145）

(5) The body turns slightly to the right, shift the body weight to the right; immediately the left foot steps to the back of the right foot, forming a back crossed steps, with the front sole steps on the ground; at the same time, the right palm rotates inwards, moves upwards then to the right in an arc motion, and pushes to the right side of the body; the left palm rotates outwards, moves downwards and to the right in an arc motion and pushes to the side of the right rib section; look to the right palm's direction. (Figure 145)



图 145
Fig. 145

(6) 身体微左转，重心左移；右脚向右开步；同时，两掌向左前横推；目视左掌方向。（图 146）

(6) The body turns slightly to the left, shifts the body weight to the left; right foot steps to the right; at the same time, the two palms push horizontally to the left front; look to the left palm's direction. (Figure 146)

要点：以腰为轴带动两手在体前翻转拧裹立圆云拨，手高不过眉；云转推拨与下肢的插步、开步侧行协调配合。



Key Points: While executing the hand techniques, use the turning of the waist to initiate and guide the hand movements. The hand movements of rotating, turning, twisting and wrapping in front of the body should be in vertically circular motion. The level of the hand movements should not be higher than the eyebrows. The hand techniques of cloud waving, turning, pushing and parrying and the footwork of stepping sideward should be harmoniously well-coordinated.



图 146
Fig. 146

33. 掩手肱捶 Yǎn Shǒu Gōng Chuí

Strike with Concealed Fist

(1) 接上势，重心右移，上体右转；同时，左掌外旋向右划弧平摆，右掌内旋收至右胯旁；目视左掌。（图 147）

(1) Following the previous stance, shift the body weight to the right, the upper body turns to the right; at the same time, the left palm rotates outwards and swings horizontally to the right in an arc motion, the right palm rotates inwards and retracts to the side of the right hip section; look to the left palm. (Figure 147)



图 147
Fig. 147

(2) 身体微左转，重心左移；右脚蹬地，右腿屈膝提起，脚尖自然下垂；随即左腿屈膝下蹲，右脚下落踏地震脚，左脚提起；同时，右臂屈肘，右掌



变拳向上、向左、向下刁收；左掌与右拳在胸前相合落至腹前，左臂屈肘，左掌附于右前臂上；目视前方。（图 148—图 150）

(2) The body turns slightly to the left, shift the body weight to the left; the right foot pushes the ground, the right knee bends and raises up with the toes pointing down; following that, the left knee bends and squat, the right foot stamps on the ground, and the left foot raises up; at the same time, bend the right elbow, the right palm changes to fist, moves up, to the left then strikes down and retracts; the left palm and the right fist meet in front of the chest and both lower to the front of the abdomen, bend the left elbow and the left palm attaches to the right forearm; look to the front. (Figure 148 - Figure 150)



图 148
Fig. 148



图 149
Fig. 149



图 150
Fig. 150

（3）左脚向左前方铲出，身体左转，重心左移，左腿屈膝，左脚踏实；同时，上体微左转；右拳变掌，两掌划弧外分；随即重心稍右移，上体微右转；右臂屈肘，右掌变拳外旋收于右肋侧；左臂屈肘，左手外旋划弧置于左肩前，掌心向上，拇指和食指伸直，其余三指弯曲；目视左掌。（图 151—图 154）

(3) The left foot slides to the left front, the body turns to the left and shift the body weight to the left, the left knee bends and left foot stands firm; at the same time, the upper body turns slightly to the left; the right fist changes to palm, both palms separates in an arc motion; following that, the body weight shifts slightly to the right, the upper body turns slightly to the right; the right elbow bends, the right palm changes to fist and rotates outwards, retracts to the side of the right rib section; the left elbow bends, the left hand rotates outwards and swings in an arc motion to the front of the left shoulder with the palm facing up, the thumb and the



index finger straightened and the rest of the three fingers bend inwards; look to the left palm. (Figure 151 – Figure 154)



图 151
Fig. 151



图 152
Fig. 152



图 153
Fig. 153



图 154
Fig. 154

(4) 上体微右转再向左转，随即重心左移；右腿微屈；同时，左手回收顶肘发力，左掌掌心轻贴于左腹；右拳随转体内旋向右前方冲打发力，腕与胸平；目视右拳方向。（图 155）

(4) The upper body first turns slightly to the right then to the left, immediately shift the body weight to the left; the right leg bends slightly; at the same time, the left hand retracts and elbow jab forcefully, the left palm lightly touches on the left abdomen; the right fist, following the body turn, rotates inwards, and punches forcefully to the front right with the wrist at the chest level; look to the right fist's direction. (Figure 155)

要点：右臂内旋使拳由肋间向前冲打发力，力达拳面；左肘后顶发力，力达肘尖，冲拳与顶肘协调一致；快慢相间，刚柔相济。

Key Points: The right arm should rotate inwards to punch from the right rib section to the front, the force exerts on the face of the fist; the left elbow back-jab should exert the force on the tip of the elbow. The movements of the punch and



elbow jab should be well-coordinated and in unison, with regulating swiftness and slowness, balancing strength and gentleness.



图 155
Fig. 155

34. 揽雀尾 Lǎn Què Wěi

Grasp the Peacock's Tail

(1) 接上势，身体左转，左脚尖外摆；重心左移，右脚收至左脚内侧；同时，左掌向左划弧举于胸前；右拳变掌掌心翻转向上收于腹前，体前抱掌；目视左掌方向。（图 156、图 157）

(1) Following the previous stance, the body turns to the left, the left toes turn outwards; shift the body weight to the left, the right foot retracts to the inner side of the left foot; at the same time, the left palm moves to the left in an arc motion and raises to the front of the chest; the right fist changes to palm and rotates the palm facing up and retracts to the front of the abdomen and hold it; look to the left palm's direction. (Figure 156, Figure 157)



图 156
Fig. 156



图 157
Fig. 157

(2) 身体微右转；右脚向右前方上步，重心前移，成右弓步；同时，上体微左转；右臂向右前上方棚出，臂平屈成弓形，腕与肩平；左掌弧形按于左胯旁；目视左前方。（图 158、图 159）



(2) The upper body turns slightly to the right; the right foot steps to the front right, shift the body weight forward to form a right bow stance; at the same time, the upper body turns slightly to the left; the right arm bending horizontally in an arc shape, ward off towards the upper right front, with the wrist at the shoulder level; the left arm bending in an arc shape and presses at the side of the left hip; look to the left front. (Figure 158, Figure 159)



图 158
Fig. 158



图 159
Fig. 159

(3) 身体右转，重心右移；左脚收至右脚内侧；同时，右前臂内旋，掌心翻转向下；左前臂外旋，左掌由左向右划弧收于腹前，体前抱掌；目视右掌方向。（图 160）

(3) The body turns to the right; shift the body weight to the right; the left foot retracts to the inner side of the right foot; at the same time, the right arm rotates inwards, the palm flips to face down; the left arm rotates outwards, the left palm moves from the left to right in an arc motion to the front of the abdomen and hold it; look to the right palm's direction. (Figure 160)



图 160
Fig. 160



(4) 身体微左转；左脚向左侧方上步，重心前移，成左弓步；同时，上体左转；左臂向左前上方棚出，臂平屈成弓形，腕与肩平，腕与鼻尖相对；右手向右下落按于右胯旁；目视左前臂方向。（图 161—图 163）

(4) The body turns slightly to the left; the left foot steps to the left side, shifts the body weight forward to form left bow stance; at the same time, the upper body turns to the left; the left arm, bending horizontally in an arc shape, extend (ward off) towards the upper left front, with the wrist at the shoulder level, the wrist aligns with the tip of the nose; the right hand lowers and presses to the side of the right hip section; look to the left forearm's direction. (Figure 161- Figure 163)



图 161
Fig. 161



图 162
Fig. 162



图 163
Fig. 163

(5) 上体微左转；左手随即前伸翻掌向下，右手经腹前向上、向前伸至左前臂下方翻掌；然后上体右转，重心移至右腿；同时，两手下捋，经腹前向右后上方划弧，左臂平屈于右胸前；目视右掌方向。（图 164—图 167）

(5) The upper body turns slightly to the left; the left hand immediately extends forward and flips the palm facing down, the right hand moves past the front of the abdomen, upwards and extends forward to below of the left forearm, then flips the palm; following that, the upper body turns right, shift the body weight to the right leg; at the same time, both hands stroke (roll) downwards, then move past the front of the abdomen to the upper right rear in an arc motion, the left arm bends horizontally in front of the right chest; look to the right palm's direction. (Figure 164 - Figure 167)



图 164
Fig. 164



图 165
Fig. 165



图 166
Fig. 166



图 167
Fig. 167

(6) 上体微左转；右臂屈肘折回，右手附于左腕内侧；上体继续左转，重心前移；左腿屈膝前弓，成左弓步；同时，两臂向前挤出，腕与肩平；目视前方。（图 168、图 169）

(6) The upper body turns slightly to the left; fold the right arm and attaches the right hand to the inner side of the left wrist; the upper body continues to turns left, shift the body weight forward; the left knee bends and pushes forward to form a left bow stance; at the same time, both arms push to the front (squeeze), the wrists at the shoulder level; look to the front. (Figure 168, Figure 169)



图 168
Fig. 168



图 169
Fig. 169



(7) 左手翻掌，掌心向下，右手经左腕上方向前、向右伸出，高与左手齐，两手分开，与肩同宽；然后右腿屈膝，上体后坐，重心右移，左脚尖翘起；同时，两臂屈肘，两手经胸前回收按至腹前；目视前方。（图 170—图 172）

(7) The left palm flips and face down, the right hand extends to the front right from the top of the left wrist, at the same level as the left hand, then both hands separate at the shoulder width; following that, bend the right knee and the upper body shifts backwards, shift the body weight to the right, the left toes tilts up; at the same time, both elbows bend, both hands retract, past the front of the chest and press down to the front of the abdomen; look to the front. (Figure 170 –Figure 172)



图 170
Fig. 170



图 171
Fig. 171



图 172
Fig. 172

(8) 上势不停，重心前移，左腿屈膝前弓，成左弓步；同时，两手向上、向前推按，腕与肩平；目视前方。（图 173）

(8) Following the previous stance without stopping, shift the body weight forward, the left knee bends to form a left bow stance; at the same time, the two hands rise and push to the front with the wrists at the shoulder level; look to the front. (Figure 173)

要点：弓步棚臂呈弧形，腕与肩平；两手下捋沿弧形运行，下捋时重心后移，两腿虚实分明，上体保持中正；弓步前挤两臂向前撑圆，右掌附于左手腕内侧；两掌推按两臂沿立圆运行；弓步与棚臂、前挤、推按协调配合。

Key Points: In the bow stance ward off, the arm should be in a rounded posture and the wrist at the shoulder level; both hand downward stroke (roll) should follow an arc motion; during the downward roll, shift the body weight backwards, clearly distinguish between the two legs which is of force exertion and



which is not. The upper body should maintain centered and upright; in the bow stance forward squeeze, both arms should push forward in a horizontal circular motion, the right palm attaches at the inner side of the left wrist; the two palms push and press should follow a vertical circular motion; the movements of bow stance, ward off, forward squeeze and push-press should be well-coordinated.



图 173
Fig. 173

35. 十字手 Shí Zì Shǒu

Cross Hand

(1) 掌随转体向右平摆划弧，与左手成两臂侧平举；目视右掌方向。(图 174、图 175)

(1) Following the previous stance, shift the body weight to the right, the upper body turns to the right; the left toes turn inwards, the right toes turn outwards; at the same time, the right palm, following the body turn, swings horizontally to the right in an arc motion, aligns with the left hand to form a side leveling lift; look to the right palm's direction. (Figure 174, Figure 175)



图 174
Fig. 174



图 175
Fig. 175

(2) 重心左移，上体微左转；右脚尖内扣，随即向左收回，前脚掌落地，身体右转，随之全脚踏实，两脚间距与肩同宽；上体保持正直，身体重心落



于两腿之间，平行步屈蹲站立；同时，两掌向下经腹前向上划弧交叉合抱于胸前，两臂撑圆，腕与肩平；目视前方。（图 176—图 178）

(2) Shift the body weight to the left, the upper body turns slightly to the left; the right toes turn inwards, following that, retracts to the left with the front sole touching on the ground, the body turn right, following that, steps down with the full sole, the distance between the feet is shoulder width apart; the upper body maintains upright, the body weight rest in the center of the two legs, stand in half squat and the feet parallel to each other; at the same time, the two palms lower down, moves past the front of the abdomen and rises again in an arc motion, cross each other in a hugging manner at the front of the chest, with both arms rounded in posture and wrists at shoulder level; look to the front. (Figure 176 - Figure 178)

要点：平行步两掌交叉十字合抱于体前，两臂保持弧形，圆满舒适，沉肩坠肘。

Key Points: The technique of the crossed-hand hugging palm should have the arms maintained in a rounded posture, perfectly aligned and at ease, lower the shoulder and drop the elbows.



图 176
Fig. 176



图 177
Fig. 177



图 178
Fig. 178

36. 收势 Shōu Shì

Ending Position

(1) 接上势，两腿保持屈蹲；同时，两臂内旋，两掌翻转向下左右平行分举，腕与肩平，两掌间距与肩同宽；目视前方。（图 179）

(1) Following the previous stance, both legs maintain in half squat position; at the same time, both arms turn inwards, both palms flip and face down, and parted to the respective sides, holding them at the horizontal level, with the wrists



at the shoulder level, the distance between the two palms is as wide as the shoulder width; look to the front. (Figure 179)



图 179
Fig. 179

(2) 两腿由屈蹲逐渐自然直立; 同时, 两臂下落, 两掌下按落于大腿外侧; 目视前方。(图 180、图 181)

(2) Both legs gradually return to natural standing from the half squat position; at the same time, lower the two arms and the two palms press down to the respective sides of the thigh; look to the front. (Figure 180, Figure 181)



图 180
Fig. 180



图 181
Fig. 181

(3) 重心右移; 左脚提起向右脚并拢, 收至右脚旁, 前脚掌先着地, 随即全脚踏实, 并步站立; 目视前方。(图 182)

(3) Shift the body weight to the right; lift the left foot and closes in to side of the right foot, first lands with the front sole and follow with full sole stepping on the ground, standing with both feet together; look to the front. (Figure 182)

要点: 中正圆活, 轻灵沉稳, 平和自然, 无过不及。

Key Points: The movements should be centered, upright, curvy and agile, light and steady, calm and natural, without extremes or imbalances, and with precision and control.

太极拳套路动作图解
Movements Illustrations of Taijiquan Routine

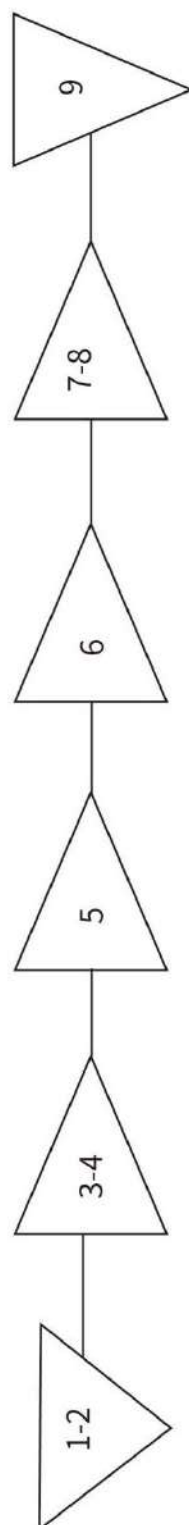


图 182
Fig. 182



四、太极拳套路动作运行路线示意图
Schematic of Movement Routes of Taijiquan Routine

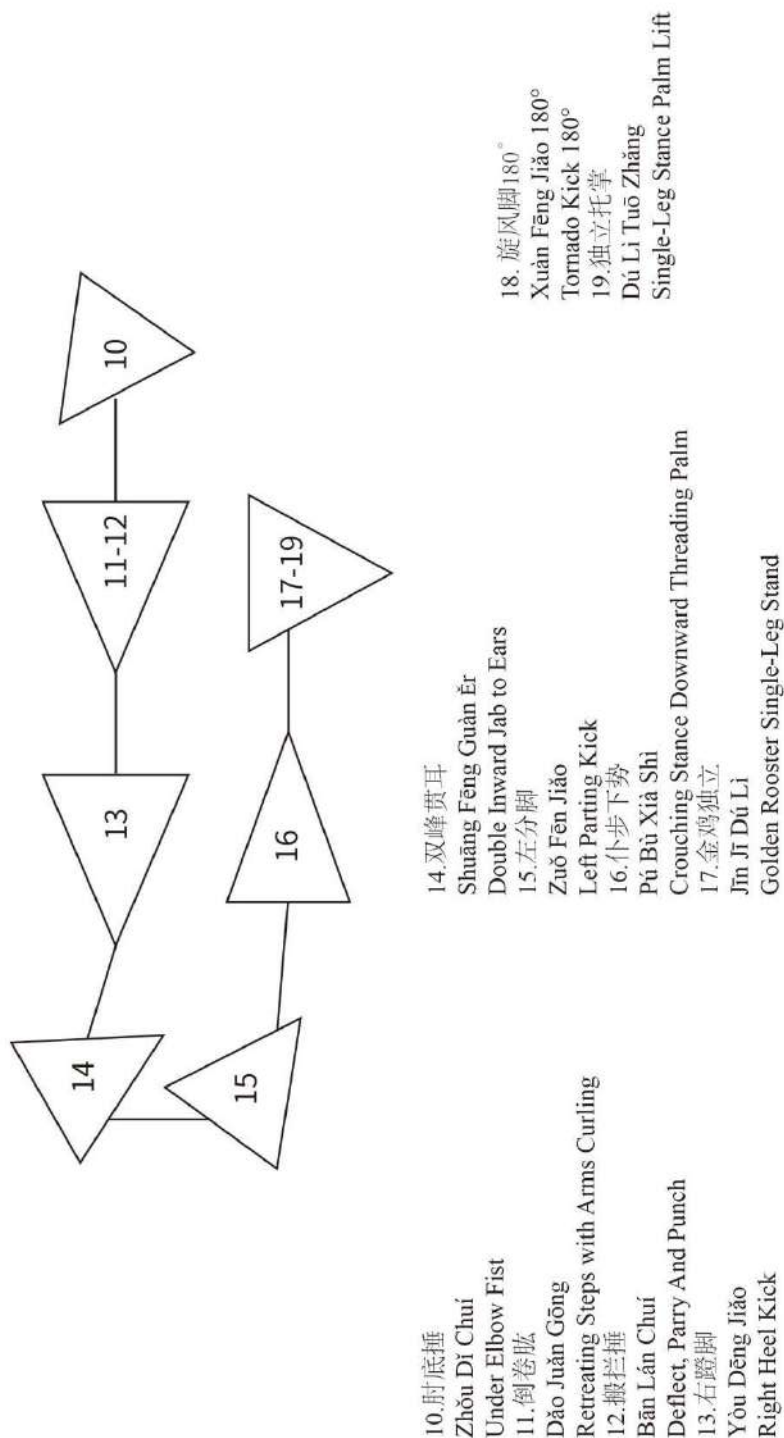
第一段
Section One



- | | | |
|---|--|--|
| 1. 起势
Qǐ Shì
Starting Position | 4. 白鹤亮翅
Bái Hè Liáng Chì
White Crane Spreading Wings | 7. 腾空飞脚
Téng Kōng Fēi Jiǎo
Jumping Front Slap Kick |
| 2. 揽雀尾
Lǎn Què Wěi
Grasp the Peacock's Tail | 5. 搂膝拗步
Lōu Xī Āo Bù
Brush Knee with Bent Step | 8. 腾空摆莲 360°
Téng Kōng Bǎi Lián 360°
Jumping Lotus Kick 360° |
| 3. 单鞭
Dān Biān
Single Whip | 6. 退步压肘
Tuì Bù Yā Zhǒu
Retreating Step Elbow Press | 9. 雀地龙
Què Dì Lóng
Hurdler's Split |



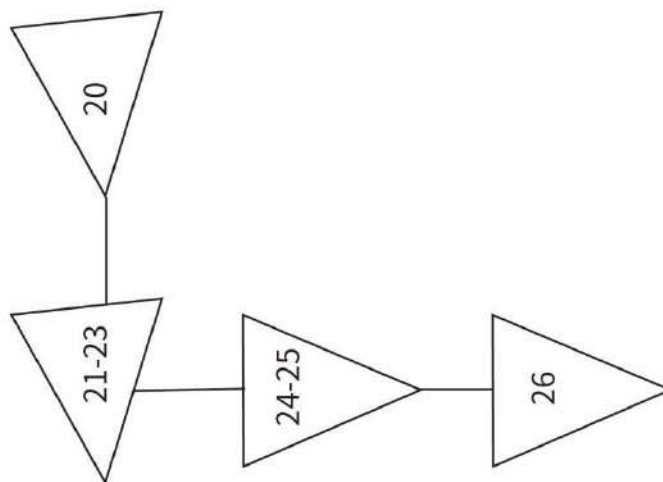
第二段
Section Two



太极拳套路动作运行路线示意图 Schematic of Movement Routes of Taijiquan Routine



第三段 Section Three

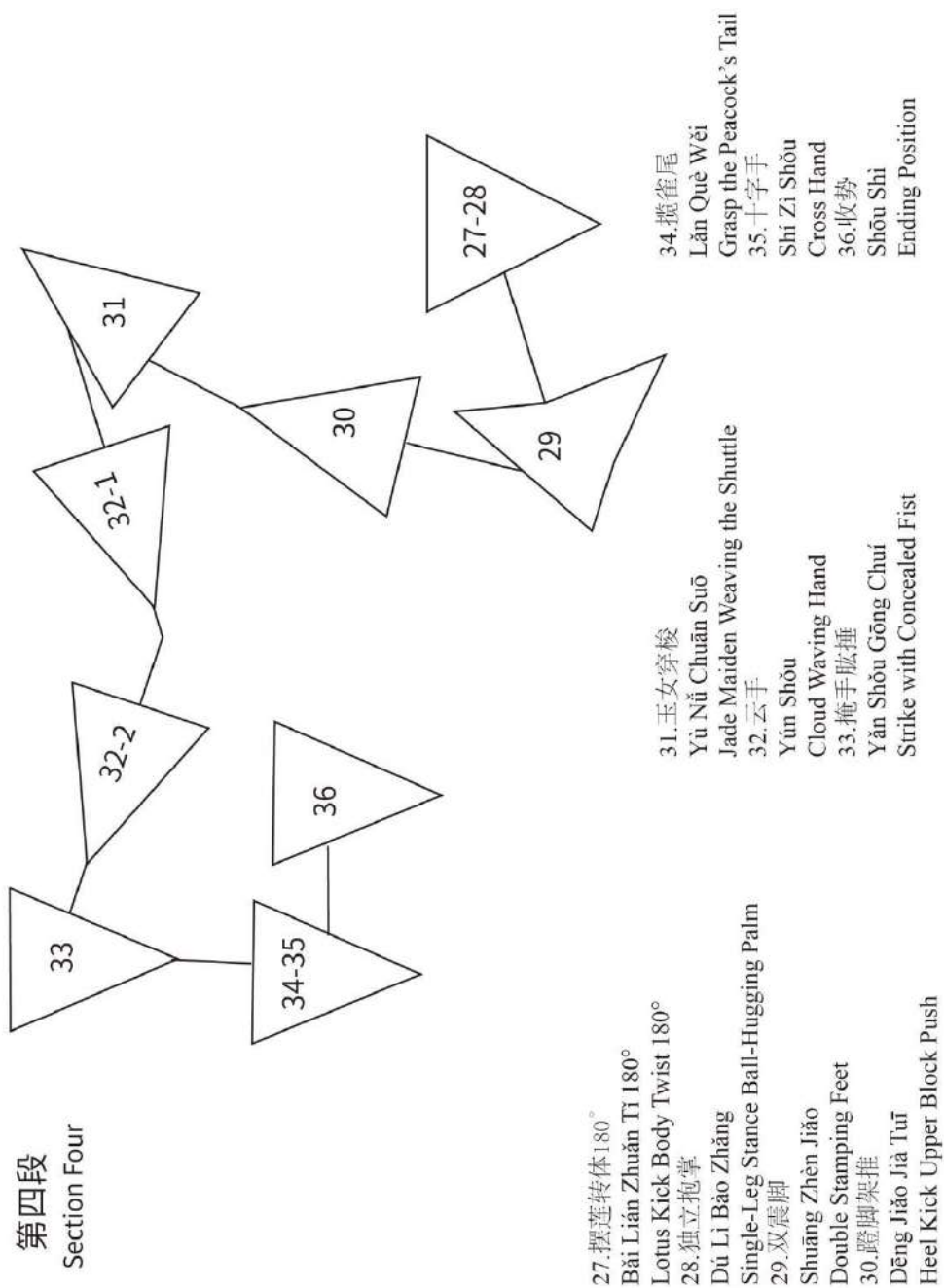


20. 指裆捶
Zhǐ Dāng Chuí
Groin Pointing Strike
21. 野马分鬃
Yě Mǎ Fēn Zōng
Part the Wild Horse's Mane
22. 海底针
Hǎi Dǐ Zhēn
Needle in the Sea Bottom

23. 闪通背
Shǎn Tōng Bèi
Flashing Out Arms
24. 提手上势
Tí Shǒu Shàng Shì
Hand Raise High Form

25. 白鹤亮翅
Bái Hè Liàng Chì
White Crane Spreading Wings
26. 后插腿低势平衡
Hòu Chā Tuǐ Dī Shì Píng Héng
Low Balance with Leg Crossed Behind

太极拳套路动作运行路线示意图 Schematic of Movement Routes of Taijiquan Routine



五、太极拳套路动作连续演示图

Continuous Demonstration Diagram of Movements for Taijiquan



图 1
Fig. 1



图 2
Fig. 2



图 3
Fig. 3



图 4
Fig. 4



图 5
Fig. 5



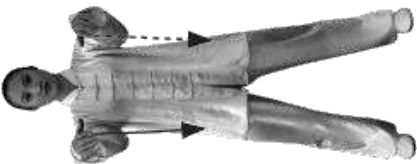


图 6
Fig. 6



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 21
Fig. 21



图 22
Fig. 22



图 23
Fig. 23



图 24
Fig. 24



图 25
Fig. 25



图 26
Fig. 26



图 27
Fig. 27

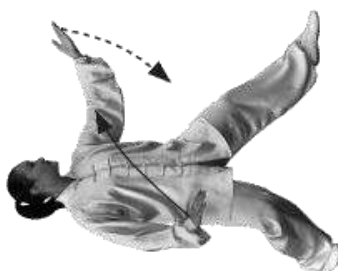


图 28
Fig. 28



图 29
Fig. 29



图 30
Fig. 30



图 35
Fig. 35



图 34
Fig. 34



图 33
Fig. 33



图 32
Fig. 32



图 31
Fig. 31

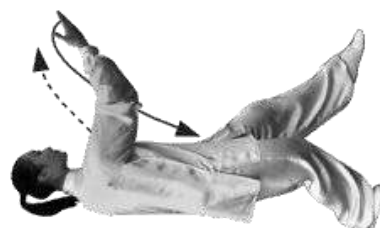


图 36
Fig. 36



图 37
Fig. 37



图 38
Fig. 38



图 39
Fig. 39

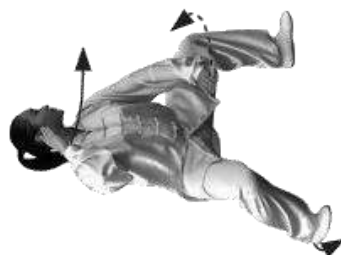


图 40
Fig. 40



图 41
Fig. 41



图 42
Fig. 42



图 43
Fig. 43



图 44
Fig. 44



图 45
Fig. 45



图 50
Fig. 50



图 49
Fig. 49



图 48
Fig. 48



图 47
Fig. 47



图 46
Fig. 46



图 55
Fig. 55



图 54
Fig. 54

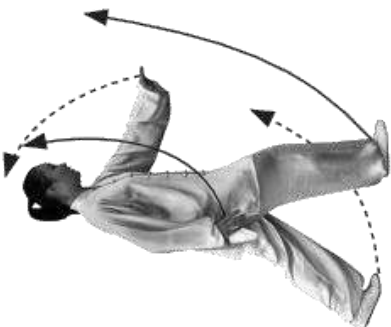


图 53
Fig. 53



图 52
Fig. 52

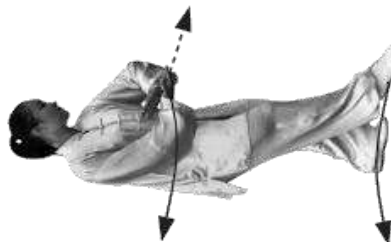


图 51
Fig. 51

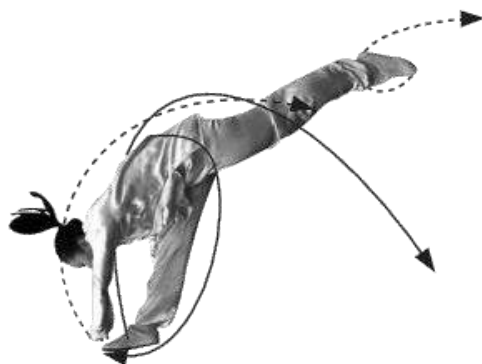


图 56
Fig. 56



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 66
Fig. 66

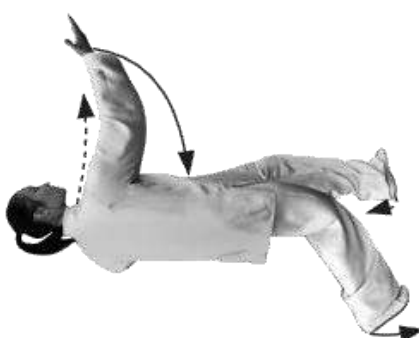


图 67
Fig. 67



图 68
Fig. 68

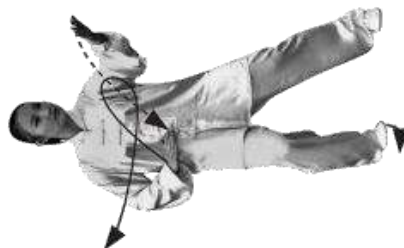


图 69
Fig. 69



图 70
Fig. 70



图 71
Fig. 71



图 72
Fig. 72



图 73
Fig. 73

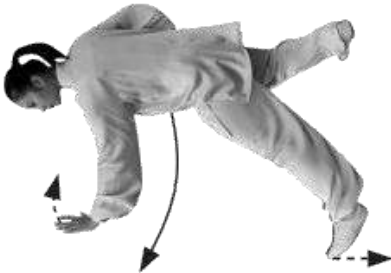


图 74
Fig. 74



图 75
Fig. 75



图 76
Fig. 76



图 77
Fig. 77



图 78
Fig. 78



图 79
Fig. 79

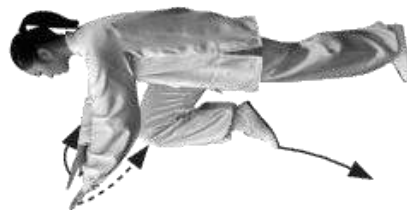


图 80
Fig. 80



图 81
Fig. 81

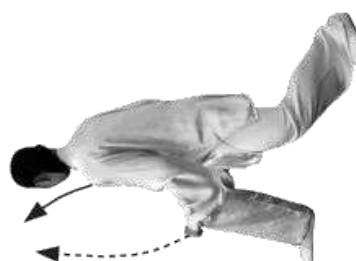


图 82
Fig. 82



图 83
Fig. 83



图 84
Fig. 84



图 85
Fig. 85

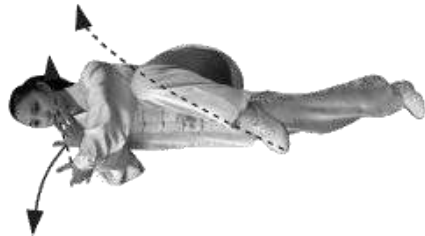


图 86
Fig. 86

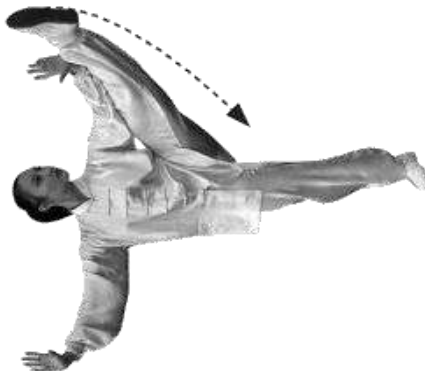


图 87
Fig. 87

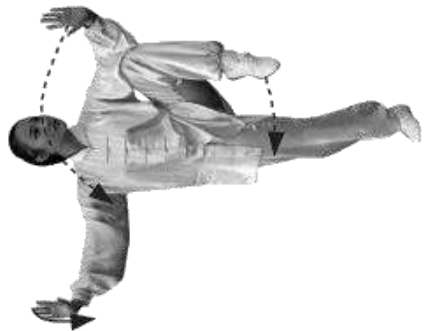


图 88
Fig. 88

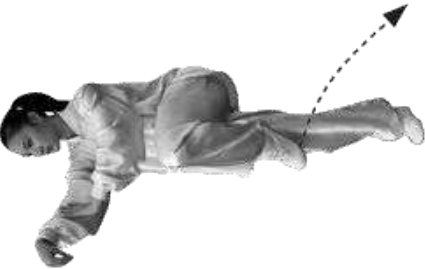


图 89
Fig. 89



图 90
Fig. 90



图 91
Fig. 91



图 92
Fig. 92



图 93
Fig. 93



图 94
Fig. 94



图 95
Fig. 95



图 100
Fig. 100



图 99
Fig. 99

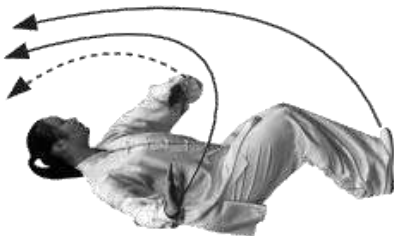


图 98
Fig. 98



图 97
Fig. 97



图 96
Fig. 96

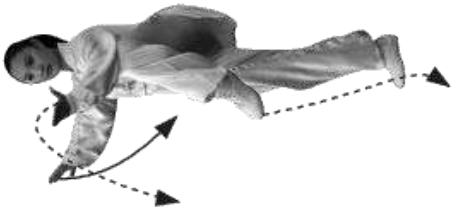


图 101
Fig. 101



图 102
Fig. 102



图 103
Fig. 103



图 104
Fig. 104



图 105
Fig. 105



图 106
Fig. 106



图 107
Fig. 107



图 108
Fig. 108



图 109
Fig. 109



图 110
Fig. 110



图 115
Fig. 115



图 114
Fig. 114



图 113
Fig. 113



图 112
Fig. 112



图 111
Fig. 111



图 116
Fig. 116



图 117
Fig. 117



图 118
Fig. 118



图 119
Fig. 119



图 120
Fig. 120



图 125
Fig. 125



图 124
Fig. 124



图 123
Fig. 123



图 122
Fig. 122

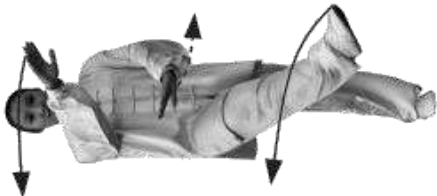


图 121
Fig. 121

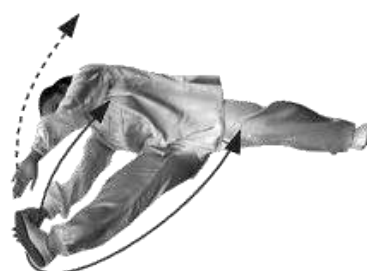


图 126
Fig. 126

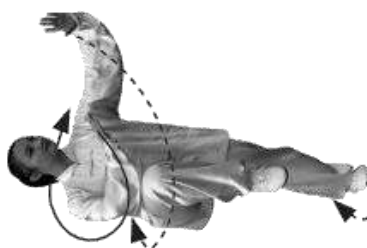


图 127
Fig. 127



图 128
Fig. 128



图 129
Fig. 129

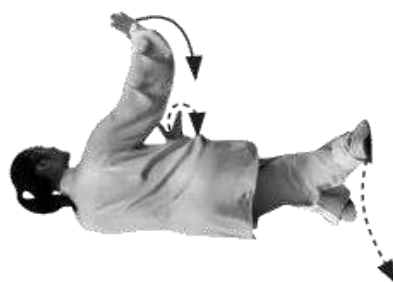


图 130
Fig. 130



图 135
Fig. 135



图 134
Fig. 134



图 133
Fig. 133



图 132
Fig. 132



图 131
Fig. 131



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

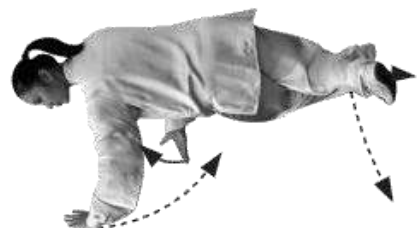


图 141
Fig. 141



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 160
Fig. 160



图 159
Fig. 159



图 158
Fig. 158



图 157
Fig. 157



图 156
Fig. 156



图 161
Fig. 161



图 162
Fig. 162



图 163
Fig. 163



图 164
Fig. 164



图 165
Fig. 165



图 166
Fig. 166



图 167
Fig. 167



图 168
Fig. 168



图 169
Fig. 169



图 170
Fig. 170



图 171
Fig. 171



图 172
Fig. 172



图 173
Fig. 173



图 174
Fig. 174



图 175
Fig. 175



图 180
Fig. 180



图 179
Fig. 179



图 178
Fig. 178



图 177
Fig. 177



图 176
Fig. 176



图 182
Fig. 182



图 181
Fig. 181



DAKAR
2026



第三套国际武术竞赛套路

3rd International Wushu Competition Routine

太极拳

Tai Ji 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、太极拳套路简介

Introduction of Taijiquan Routine

源于中国，属于世界的太极拳运动，历史悠久，源远流长，其内容丰富多彩，博大精深。经过长期的发展，形成了包括各种功法、拳械套路和对抗格斗等注重内外兼修的运动项目。

Originating in China and belonging to the world, taijiquan is a school of wushu with a long history and deep cultural roots. Its content is rich, vast in scope and intricate in depth. Over the course of its extensive development, taijiquan has evolved into a comprehensive sports event that includes various foundational training techniques, bare hand routines, weapon routines, and combative sparring techniques, emphasizing the integration of both internal and external cultivation practices.

太极拳具有养生健身、修心养性、防身自卫、竞技比赛等多种功能，现今的太极拳运动已不受国界、地域、民族、宗教、门派等限制，成为全人类共有的精神、文化财富。为使太极拳运动更好地为世界人民服务，为人类的健康造福，根据国际武术发展的需要，由国际武联组织创编了第三套国际武术竞赛套路—太极拳（36 式）。

Taijiquan offers various benefits, including health nurturing, physical fitness, mental refinement and character cultivation, self-defense, and competitive sports. Today, the practice of taijiquan has transcended national, regional, ethnic, religious, and sectarian boundaries, becoming a shared philosophical and cultural treasure for all of humanity. To better serve people worldwide and contribute to human health, and according to the needs of the international development of wushu, the International Wushu Federation created the third set of international wushu competition routine - Taijiquan (36 forms).

太极拳（36 式）是在吸取了各式传统太极拳经典动作的基础上，遵循武术套路运动技术发展的规律和竞赛要求创编而成的。它既保留了太极拳的传统性，又有创新和发展。该套路由拳、掌、钩 3 种手型，弓步、马步、仆步、虚步、平行步、独立步 6 种步型，后插腿低势平衡，蹬脚、分脚、摆莲脚 3 种腿法，腾空摆莲 360°、旋风脚 180°、腾空飞脚 3 种跳跃动作及各种手法、



步法、动作难度和连接难度等组成。它兼收各式融为一体，内容丰富，动作规范，技术全面，风格突出，编排设计合理，组合形式多变，难度适中。

The taijiquan (36 forms) routine is designed and created based on classical movements from various traditional taijiquan styles. It adheres to the technical developmental trends and requirements of Wushu competition routines. It retains the traditional essence of taijiquan while incorporating new innovation and evolution. The routine consists of three hand forms (fist, palm, hook hand), six stances (bow stance, horse stance, crouching stance, empty stance, parallel steps, and single-leg stance), three leg techniques (heel kick, parting kick, and lotus kick), three jumping movements (jumping lotus kick 360°, whirlwind kick 180°, and jumping front kick), as well as integrating numerous hand and footwork techniques, difficulty movements and connective difficulty movements, etc. It blends various taijiquan styles into a cohesive whole, with rich content, standardized and normative movements, comprehensive techniques, distinctive performing style, reasonable and logical choreography, varied patterns of movement combinations, and in moderate level of difficulty.

全套动作布局巧妙，连接顺畅，极具竞技性和观赏性，充分体现了太极拳动作中正圆活、行云流水、动静有序、快慢相间、刚柔相济及平和自然的运动特点。由于其动作数量、组别、时间等均符合国际武术竞赛规则的要求，所以也适于在同等条件下进行的国际性的武术比赛。

The entire routine is ingeniously designed with clever layout and smooth transitions, effectively encompassing a high level of competitiveness and aesthetic appeal. It fully embodies the characteristics of taijiquan movements: centered and upright, circular and flexible, moving like clouds and flowing water, sequentially alternating dynamics and stillness, regulating swiftness and slowness, balancing strength and gentleness, and calm and naturally manner. Since the number of movements, categories setup, and routines' timing, etc, all conform with the requirements of the International Wushu Competition Rules, it is also suitable for any international competitions conducted under similar conditions.



二、太极拳套路动作名称

Movement Names of Taijiquan Routine

预备势

Yù Bèi Shì

Ready Position

第一段

Section 1

1. 起势

Qǐ Shì

Starting Position

2. 揽雀尾

Lǎn Què Wěi

Grasp the Peacock's Tail

3. 单鞭

Dān Biān

Single Whip

4. 白鹤亮翅

Bái Hè Liàng Chì

White Crane Spreading Wings

5. 搂膝拗步

Lōu Xī Āo Bù

Brush Knee with Bent Step

6. 退步压肘

Tuì Bù Yā Zhǒu

Retreating Step Elbow Press

7. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

8. 腾空摆莲 360°

Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

9. 雀地龙

Què Dì Lóng

Hurdler's Split

第二段

Section 2

10. 肘底捶

Zhǒu Dǐ Chuí

Under Elbow Fist

11. 倒卷肱

Dǎo Juǎn Gōng

Retreating Steps with Arms Curling

12. 搬拦捶

Bān Lán Chuí

Deflect, Parry and Punch

13. 右蹬脚

Yòu Dēng Jiǎo

Right Heel Kick

14. 双峰贯耳

Shuāng Fēng Guàn Ěr

Double Inward Jab to Ears

15. 左分脚

Zuǒ Fēn Jiǎo

Left Parting Kick

16. 仆步下势

Pú Bù Xià Shì

Crouching Stance Downward

Threading Palm

17. 金鸡独立

Jīn Jī Dú Lì

Golden Rooster Single-Leg Stand

18. 旋风脚 180°



Xuàn Fēng Jiǎo 180°

Tornado Kick 180°

19. 独立托掌

Dú Lì Tuō Zhǎng

Single-Leg Stance Palm Lift

第三段

Section 3

20. 指裆捶

Zhǐ Dāng Chuí

Groin Pointing Strike

21. 野马分鬃

Yě Mǎ Fēn Zōng

Part the Wild Horse's Mane

22. 海底针

Hǎi Dǐ Zhēn

Needle in the Sea Bottom

23. 闪通背

Shǎn Tōng Bei

Flashing Out Arms

24. 提手上势

Tí Shǒu Shàng Shì

Hand Raise High Form

25. 白鹤亮翅

Bái Hè Liàng Chì

White Crane Spreading Wings

26. 后插腿低势平衡

Hòu Chā Tuǐ Dī Shì Píng Héng

Low Balance with Leg Crossed Behind

第四段

Section 4

27. 摆莲转体 180°

Bǎi Lián Zhuǎn Tǐ 180°

Lotus Kick Body Twist 180°

28. 独立抱掌

Dú Lì Bào Zhǎng

Single-Leg Stance Ball-Hugging Palm

29. 双震脚

Shuāng Zhèn Jiǎo

Double Stamping Feet

30. 蹬脚架推

Dēng Jiǎo Jià Tuī

Heel Kick Upper Block Push

31. 玉女穿梭

Yù Nǚ Chuān Suō

Jade Maiden Weaving the Shuttle

32. 云手

Yún Shǒu

Cloud Waving Hand

33. 掩手肱捶

Yǎn Shǒu Gōng Chuí

Strike with Concealed Fist

34. 揽雀尾

Lǎn Què Wěi

Grasp the Peacock's Tail

35. 十字手

Shí Zì Shǒu

Cross Hand

36. 收势

Shōu Shì

Ending Position



三、太极拳套路动作图解

Movements Illustrations of Taijiquan 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

两脚并拢，自然直立；头颈正直，下颌微内收；胸腹放松，背部轻拔；肩臂松垂，两手轻贴于大腿外侧；目视前方。（图1）

The two feet closed together and standing upright; maintain the neck upright with the chin tuck in slightly; relax the chest and abdomen, brace the back slightly; the arms relax and lightly touch against the outer sides of the thighs; look to the front. (Figure 1)

要点：口闭齿叩，舌抵上腭；上悬下沉，中节舒松；精神集中，心平气和，呼吸自然。

Key Points: Mouth closed, the tongue touches against the upper palate; the core body being up-pulled and down-sink, the mid joints relaxed and loosened; keep the mind focus, remain calm, breathe naturally.



图 1
Fig. 1



第一段 Section One

1. 起势 Qǐ Shì

Starting Position

(1) 接上势，重心右移，左脚向左开步；随即重心落于两腿之间，平行步站立，两脚间距与肩同宽；目视前方。（图2—图4）

(1) Following the previous stance, shift the body weight to the right, left foot steps to the left; following that shift the body weight to the center of the two feet, the two feet being parallel to each other and are as wide as the shoulder width; look to the front. (Figure 2 – Figure 4)



图2
Fig. 2



图3
Fig. 3



图4
Fig. 4

(2) 两臂向前、向上举至腕与肩平，两臂间距与肩同宽，肘低于腕和肩；目视前方。（图5、图6）

(2) The two arms rise to the front with the wrists at the shoulder level, and as wide as the shoulder width, the elbows being lower than the wrists and shoulder levels; look to the front. (Figure 5, Figure 6)



图 5
Fig. 5



图 6
Fig. 6

(3) 上体保持正直，两腿松胯微屈膝；同时，两掌下按，落至大腿前外侧，两肘松垂；目视前方。（图 7）

(3) Keep the upper body upright, relax the hip section and slightly bend the knees; at the same time, both palms press downwards and lower to the front of the outer side of the thighs, both elbows hanging loose; look to the front. (Figure 7)

要点：身型要求松胯敛臀，含胸拔背，沉肩坠肘，虚领顶劲；下按掌掌指舒展，掌心微含；中正安舒，气沉丹田，松静自然。

Key Points: The body requirements: relax the hip section and tuck in the buttocks; sink the chest and keep the back upright, relax the shoulders and drop the elbows, imagine an upward pull at the top of the head; when executing the palm press, the fingers should be relaxed and comfortably extended, the palm slightly cupped; the posture being centered and relaxed, sink the breath to “dantian” (the point two inches below the navel), keep calm, still and natural.



图 7
Fig. 7



2. 揽雀尾 Lǎn Què Wěi

Grasp the Peacock's Tail

(1) 接上势，两腿屈膝半蹲，右脚尖外摆；身体微右转，重心右移，左脚收至右脚内侧；同时，右掌向左、向上、向右划弧举于胸前；左前臂外旋，掌心翻转向上，左掌收于腹前，体前抱掌；目视右掌方向。（图 8、图 9）

(1) Following the previous stance, both knees bend to a half squat, the right toes turn outwards; turn the body to the right slightly, shift the body weight to the right, the left foot retracts to the inner side of the right foot; at the same time, the right palm moves from the left upwards to the right in an arc motion and raises to the front of the chest; the left forearm rotates outwards, the palm turns facing up, retracts and positioned at the front of the abdomen; look to the right palm's direction. (Figure 8, Figure 9)



图 8
Fig. 8



图 9
Fig. 9

(2) 上体微左转；左脚向左前方上步，重心前移成左弓步；同时，上体右转；左臂向左前上方棚出，臂平屈成弧形，腕与肩平；右掌弧形按于右胯旁；目视右前方。（图 10—图 12）

(2) The upper body turns slightly to the left; the left foot steps to the front left, shift the body weight forward to form a left bow stance; at the same time, the upper body turns right; the left arm bend horizontally in an arc shape, ward towards the upper left front, with the wrist at the shoulder level; bend the right arm in an arc shape and presses at the side of the right hip; look to the right front. (Figure 10 – Figure 12)



图 10
Fig. 10



图 11
Fig. 11



图 12
Fig. 12

(3) 身体微左转，重心左移；右脚收至左脚内侧；同时，左前臂内旋，掌心翻转向下；右前臂外旋，右掌由右向左划弧收于腹前，体前抱掌；目视左掌方向。（图 13）

(3) The body turns slightly to the left; shift the body weight to the left; the right foot retracts to the inner side of the left foot; at the same time, the left forearm rotates inwards, the palm flips to face down; the right arm rotates outwards, the right palm moves from the right to left in an arc motion to the front of the abdomen and hold it there; look to the left palm's direction. (Figure 13)



图 13
Fig. 13

(4) 身体微右转；右脚向右前方上步，重心前移成右弓步；同时，右臂随上体右转向右前上方掳出，臂平屈成弧形，腕与肩平，腕与鼻尖相对；左掌附于右手腕内侧；目视右前臂方向。（图 14、图 15）

(4) The body turns slightly to the right; the right foot steps to the front right, shifts the body weight forward to form right bow stance; at the same time, the



right arm, following the body's right turn, bending horizontally in an arc shape, ward off towards the upper right front, with the wrist at the shoulder level, the wrist aligns with the tip of the nose; the left palm attaches on the inner side of the right wrist; look to the right forearm's direction. (Figure 14, Figure 15)



图 14
Fig. 14



图 15
Fig. 15

(5) 右手内旋，左手外旋；随即重心左移，右脚尖翘起；同时，上体微右转；右手向右、向下捋至右胯旁，掌心向下；左掌附于右手腕部；目视右掌。（图 16、图 16 附图）

(5) The right forearm rotates inwards, the left forearm rotates outwards; following that, shift the body weight to the left, the right toes tilt up; at the same time, the upper body turns slightly to the right; the right palm strokes to the right downwards to the side of the right hip with the palm facing down; the left palm attaches to the right wrist; look to the right palm. (Figure 16, Figure 16 Alternate View)



图 16
Fig. 16



图 16 附图
Fig. 16 Alternate View

(6) 上体微左转；随即右手外旋，左手内旋，向前伸出至腕与胸高；右



脚尖下落，重心微前移；接着上体右转；右手继续向前、向上、向右划弧前挤至右前方，腕与肩平；左掌附于右手腕内侧；同时，重心前移成右弓步；目视右前臂方向。（图 17—图 19）

(6) The upper body turns slightly to the left; following that, the right arm rotates outwards, the left arm rotates inwards, extend the arms forward till the wrists are at the chest level; the right toes step down, shift the body weight slightly forward; following that, the upper body turns to the right; the right arm continues to move from the front upwards and to the right in an arc motion, and press to the right front with the wrist at the shoulder level; the left palm attaches to the inner side of the right wrist; at the same time, shift the body weight forward to form a right bow stance; look at the right forearm's direction. (Figure 17 – Figure 19)



图 17
Fig. 17



图 18
Fig. 18



图 19
Fig. 19

（7）右手内旋，左手外旋；右脚尖微内扣，两腿屈膝半蹲；两手微下沉；随即上体微左转，重心左移；同时，左手经下向左划弧，当经胸前时，内旋转腕，屈肘屈腕以手背一侧腕关节弧形向左上方掳刁至左耳侧，五指斜向下，小指、无名指、中指依次内收成刁手；右手外旋经下向左、向上划弧托举至右前方，掌心向上；目视右掌方向。（图 20、图 21）

(7) The right arm rotates inwards, the left arm rotates outwards; the right toes turn slightly inwards, both knees bend to a half squat; both arms slightly lower; following that, the upper body turns slightly to the left, shift the body weight to the left; at the same time, the left arm moves in an arc motion downwards to the left, when passes the front of the chest, rotates inwards and turns the wrist, then bend the elbow and flex the wrist with the outer side of the wrist lift upwards to



the side of the left ear, the five fingers pointing slanting down, with the little finger, ring finger and the middle finger inwardly positioned sequentially to form a grasping hand; the right arm rotates outwards, moves down to the left and lifted upwards in an arc motion, and raises to the right front with the palm facing up; look to the right palm's direction. (Figure 20, Figure 21)



图 20
Fig. 20



图 21
Fig. 21

(8) 上体左转；两臂屈肘，前臂内旋，掌指向外、向后分摆至肩上；接着重心右移，左脚贴地收至右脚内侧，前脚掌着地成虚步；同时，上体右转；随转体两掌向右、向下按至体前；目视右前下方。（图 22、图 23）

(8) The upper body turns to the left; both elbows bend and arms rotate inwards with the fingers pointing outwards, moves separately to the rear above the shoulders; following that, shift the body weight to the right, the left foot slides on the ground to the inner side of the right foot, the front sole touches the ground to form an empty stance; at the same time, the upper body turns to the right; the two palms, following the body turn, press to the right and downwards to the front of the body; look to the lower right front. (Figure 22, Figure 23)

要点：上步重心前移平稳，屈膝松胯、转腰蹬腿成弓步；刁、托发力；连绵不断，力点准确。

Key Points: When executing the advancing step, the body weight should be shifted steadily, knees should be bend and hip relaxed, turn the waist and pushes the ground with the foot to form the bow stance; the grasping and lifting hand should exert strength continuously, and the force impact point should be accurate.



图 22
Fig. 22



图 23
Fig. 23

3. 单鞭 Dān Biān Single Whip

(1) 接上势，上体微右转；左手向右切掌，右手外旋收于左掌下，掌心向上成抱掌；随即左手外旋、右手内旋划弧，两掌裹抱采按，右掌向右前推掌，左掌附于右前臂内侧；目视右掌方向。（图 24、图 24 附图、图 25）

(1) Following the previous stance, the upper body turns slightly to the right; the left palm chops to the right, the right arm rotates outwards and retracts below the left palm, with the palm facing up to form hugging palms ; following that, the left arm rotates outwards, the right arm rotates inwards, moving in an arc motion, both arms wrap, hold, grab and press, the right palm pushes to the right front, the left palm attaches to the inner side of the right forearm; look to the right palm's direction. (Figure 24, Figure 24 Alternate View, Figure 25)



图 24
Fig. 24



图 24 附图
Fig. 24 Alternate View



图 25
Fig. 25

(2) 身体微左转；左脚向左前方上步，脚跟着地；同时，右掌变钩手，左掌向左划弧至面前；目视左掌。（图 26）

(2) The upper body turns slightly to the left; the left foot steps to the front left



with only the heel landing on the ground; at the same time, the right palm changes to hook hand, the left palm moves in an arc motion to the left positioned in front of the face; look at the left palm. (Figure 26)



图 26
Fig. 26

(3) 上体继续左转，重心前移成左弓步；同时，左前臂内旋，左掌翻转向前推出，腕与肩平；目视左掌方向。（图 27）

(3) The upper body continues to turn to the left; shift the body weight forward to form a left bow stance; at the same time, the left forearm rotates inwards, the left palm turns and pushes forward, with the wrist at the shoulder level; look to the left palm's direction. (Figure 27)

要点：弓步时前腿膝部垂直于脚背不超出脚尖，后脚跟踏实；弓步与推掌协调一致。

Key Points: When executing the bow stance, the front knee's vertical alignment should not exceed the tip of the toes, the hind heel should step firm. The movements of the bow stance and the palm push should be well-coordinated and in unison.



图 27
Fig. 27



4. 白鹤亮翅 Bái Hè Liàng Chì

White Crane Spreading Wings

(1) 接上势，重心后移，左脚脚尖微内扣，上体微右转；同时，左掌外旋，右钩手变掌落至右胯旁。（图 28）

(1) Following the previous stance, shift the body weight backwards, the left toes turn slightly inwards, the upper body turns slightly to the right; at the same time, the left palm rotates outwards, the right hook hand changes to palm and lowers to the side of the right hip. (Figure 28)



图 28
Fig. 28

(2) 重心前移，上体继续右转；同时，右掌由左向右前方划弧平抹，左掌落于右肘内侧下方；目视右掌。（图 29）

(2) Shift the body weight forward, the upper body continues to turn to the right; at the same time, the right palm wipes horizontally from the left to the front right, the left palm lowers and positioned under the inner right elbow; look to the right palm. (Figure 29)



图 29
Fig. 29

(3) 身体微左转，重心左移；右脚收至左脚内侧；同时，左手向左、向上划弧内旋，掌心翻转向下，高与胸平；右前臂外旋，右掌由右向左划弧收



于腹前，体前抱掌；目视左掌方向。（图 30、图 31）

(3) The body turns slightly to the left, shift the body weight to the left; the right foot retracts to the inner side of the left foot; at the same time, the left hand rotates inwards and moves upwards in an arc motion from the left, turn the palm facing down at the chest level; the right forearm rotates outwards, the right palm moves in an arc motion from the right to the left and hold it in front of the abdomen; look to the left palm's direction. (Figure 30, Figure 31)



图 30
Fig. 30



图 31
Fig. 31

（4）身体微右转；右脚向右前方上步，脚尖微内扣，重心右移；同时，两手边合边以腰带动右手棚挑举至右肩前；目视右掌。（图 32、图 33）

(4) The body turns slightly to the right, the right foot steps to the front right with the toes turn slightly inwards, shift the body weight to the right; at the same time, the two hands closing in and embrace to each other, by using the waist's movement to guide the hands' movements; the right hand ward off and lifts to the front of the right shoulder; look to the right palm. (Figure 32, Figure 33)



图 32
Fig. 32



图 33
Fig. 33



(5) 上体微左转，重心继续右移；左脚回收，前脚掌着地，左腿膝微屈，成左虚步；同时，两手右上左下划弧分开，右前臂内旋翻掌撑举至右额前，腕略高于耳；左掌按至左胯旁，两臂保持弧形；目视前方。（图 34、图 35、图 35 附图）

(5) The body turns slightly to the left, the body weight continues to shift to the right; the left foot retracts with the ball of the foot touching the ground and knee slightly bend, forming an left empty stance; at the same time, both hands open up in an arc motion, with the right hand moving up and the left hand moving down, the right forearm rotates inwards and turn the palm prop up to the front of the forehead, slightly higher than the ear level; the left palm presses down to the side of the left hip; both arms maintain in rounded posture; look to the front. (Figure 34, Figure 35, Figure 35 Alternate View)

要点：虚步后脚跟踏实；虚步与右撑掌、左按掌协调配合；上下相随，虚实分明。

Key Points: In the empty stance, the hind heel should step firm. The movements of the empty stance, right lifting palm and left press palm should be harmonized and well-coordinated; the upper body movements and the lower limb movements should follow up in correspondence. Clearly distinguish the solidity and emptiness of movements.



图 34
Fig. 34



图 35
Fig. 35



图 35 附图
Fig. 35 Alternate View

5. 搂膝拗步 Lōu Xī Āo Bù Pá

Brush Knee with Bent Step

(1) 接上势，上体微向左再向右转，左脚收至右脚内侧；同时，右手翻



掌由右向左在体前砍掌下落，再由下向右后上方划弧举至右肩外侧，腕与肩平；左手由左下向上、向左、向右划弧至胸前；目视右掌。（图 36—图 38）

(1) Following the previous stance, the body turns slightly to the left then to the right, the left foot retracts to the inner side of the right foot; at the same time, the right palm turns over and chops downwards from the right to the left at the front of the body, following that moves in an arc motion from the bottom to the upper rear right, and lifts to the outer right shoulder with the wrist at the shoulder level; the left hand moves in an arc motion, from the lower left upwards, to the left then right to the front of the chest; look at the right palm. (Figure 36 – Figure 38)



图 36
Fig. 36



图 37
Fig. 37



图 38
Fig. 38

（2）身体微左转；左脚向左前方上步，重心前移，成左弓步；同时，上体继续左转；左掌向下落至腹前再经左膝前搂过，按于左胯旁；右臂屈肘回收，右手经右耳侧向前推出，腕与肩平；目视右掌方向。（图 39—图 41）

(2) The body turns slightly to the left; the left foot steps to the left front, shift the body weight forward to form a left bow stance; at the same time, the upper body continues to turn left; the left palm lowers to the front of the abdomen, then brush pass the front of the left knee, and press at the side of the left hip; the right arm retracts with the elbow bends, moves pass the side of the right ear and pushes to the front with the wrist at the shoulder level; look to the right palm's direction. (Figure 39 – Figure 41)



图 39
Fig. 39



图 40
Fig. 40



图 41
Fig. 41

(3) 身体左转；左脚尖外摆，右脚收至左脚内侧；同时，左手向左后上方划弧至左肩外侧，腕与肩平；右手向上、向左划弧落于胸前；目视左掌。
(图 42—图 44)

(3) The body turns to the left; the left toes turn outwards, the right foot retracts to the inner side of the left foot; at the same time, the left hand moves in an arc motion to the upper left rear to the outer side of the left shoulder, with the wrist at the shoulder level; the right hand moves in an arc motion upwards to the left and lowers to the front of the chest; look at the left palm. (Figure 42 – Figure 44)



图 42
Fig. 42



图 43
Fig. 43



图 44
Fig. 44

(4) 身体微右转；右脚向右前方上步，重心前移，成右弓步；同时，上体继续右转；右掌向下落至腹前再经右膝前搂过，按至右胯旁；左臂屈肘回收，左手经左耳侧向前推出，腕与肩平；目视左掌方向。(图 45—图 47、图 46 附图)

(4) The body turns slightly to the right; the right foot steps to the front right, shift the body weight forward to form a right bow stance; at the same time, the



upper body continues to turn right; the right palm lowers to the front of the abdomen, then brush pass the front of the right knee, and press at the side of the right hip; the left arm retracts with the elbow bends, moves pass the side of the left ear and pushes to the front with the wrist at the shoulder level; look to the left palm's direction. (Figure 45 – Figure 47, Figure 46 Alternate View)

要点：上步时后脚不可拖地，不可抬得过高；移动时身体重心平稳；弓步与搂掌、推掌协调配合；中正安舒，动静有序。

Key Points: When advancing step, the hind foot should not drag against the ground, the foot should not raise too high. When moving, the body weight should maintain stable and steady. The movements of bow stance brush palm and palm push should be harmonized and well-coordinated; the posture being centered and relaxed, the dynamic movements and still poses should be sequential.



图 45
Fig. 45



图 46
Fig. 46



图 46 附图
Fig. 46 Alternate View



图 47
Fig. 47

6. 退步压肘 Tuì Bù Yā Zhǒu

Retreating Step Elbow Press

(1) 接上势，重心后移，上体左转；同时，右掌向左、向右前方划弧平抹；左掌落于腹前；目视右掌。（图 48、图 48 附图）



(1) Following the previous stance, shift the body weight backward, the upper body turns to the left; at the same time, the right palm wipes horizontally in an arc motion to the left and to the right front; the left palm lowers to the front of the abdomen; look to the right palm. (Figure 48, Figure 48 Alternate View)



图 48
Fig. 48



图 48 附图
Fig. 48 Alternate View

(2) 重心前移，上体右转；同时，左手内旋，划弧于右胸前；右手外旋向下划弧收于腹前，掌心向上；目视左掌。（图 49、图 49 附图）

(2) Shift the body weight forward, the upper body turns to the right; at the same time, the left arm rotates inwards, the palm moves in arc motion to the front of the right chest; the right arm rotates outwards, the right palm moves in arc motion and lowers to the front of the abdomen, with the palm facing up; look to the left palm. (Figure 49, Figure 49 Alternate View)



图 49
Fig. 49



图 49 附图
Fig. 49 Alternate View

(3) 上体左转，重心后移；右脚尖内扣；随即右臂内旋向左横击肘，左手外旋落至右手下；目视右肘。（图 50、图 50 附图）

(3) The upper body turns to the left, shifts the body weight backward; the right toes turn inwards, following that, the right arm rotates inwards, jab



horizontally to the left with the elbow, the left hand rotates outwards and lowers below the right hand; look to the right elbow. (Figure 50, Figure 50 Alternate View)



图 50
Fig. 50



图 50 附图
Fig. 50 Alternate View

(4) 身体右转，重心左移；随即右脚跟提起，前脚掌贴地经左脚内侧划弧擦地向右后退步，脚踏地，右腿屈膝微蹲，重心偏于右腿；同时，左手内旋向前经右手上方向左前方压切横击掌发力，腕与腹平；右臂外旋前伸翻掌，屈肘向后顶击发力，右手收至右腰侧；目视左掌方向。（图 51、图 52、图 52 附图）

(4) The body turns to the right, shift the body weight to the left; following that, lift the right heel and slide with the front sole on the ground, in an arc motion, pass the inner side of the left foot, to the right rear; the right heel steps down on the ground and slightly bend the knee, shift the body weight more to the right leg; at the same time, the left hand rotates inwards, passes above the right hand, and moves forward, then forcefully press and chops horizontally to the left front, with the wrist at the abdomen level; the right arm rotates outwards, extends forward and flip the palm, bends the elbow and forcefully jab to the rear, then holds at the right side of the waist; look to the left palm's direction. (Figure 51, Figure 52, Figure 52 Alternate View)

要点：抹掌裹手横击肘连贯顺遂；右脚贴地退步踏震与压切掌、顶肘发力协调一致，劲力顺达，快慢相间。

Key Points: The movements of the wiping palm, wrapping hand and horizontal elbow jab should be continuous and flowing. The movements of the right foot dragging retreated step, stamp step and the horizontal chop and elbow



jab should be well-coordinated and in unison, the force exerted should be smooth, with regulating swiftness and slowness.



图 51
Fig. 51



图 52
Fig. 52



图 52 附图
Fig. 52 Alternate View

7. 腾空飞脚 Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

接上势，重心前移；右脚向左前方上步，蹬地向上跳起腾空，左腿向前上摆起；同时，两臂依次向前、向上摆动至头前上方；随即右腿向上踢摆，右脚脚面展平，右掌拍击右脚面；目视右脚。（图 53、图 54）

Following the previous stance, shift the body weight forward; the right foot steps to the front left, pushes the ground and jump up, the left foot swings forward; at the same time, the two arms swings sequentially forward and upwards to the front above the head; following that, the right foot kicks up with the face of the foot flattened, the right hand slaps on the face of the right foot; look at the right foot. (Figure 53, Figure 54)

要点：击响腿伸直，脚尖过肩，击拍准确。

Key Points: The slapped leg should be straightened, and the tip of the toes should be above shoulder level. The slap should be accurate.



图 53
Fig. 53



图 54
Fig. 54



8. 腾空摆莲 360° Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

接上势，双脚同时落地，随即原地双脚蹬地向上跳起腾空；身体在空中向右后转 360°；同时，两臂上摆，右腿向右外摆，左掌拍击右脚面；目视右脚。（图 55、图 56）

Following the previous stance, land with both feet, immediately both feet push off the ground and jump up; the body turns to the rear right 360 degrees in the mid-air; at the same time, both arms swing upwards, the right leg swing and kicks outwards to the right, the left palm slaps on the face of the right foot; look at the right foot. (Figure 55, Figure 56)

要点：腾空摆莲 360° 转体到位，击响腿脚尖过肩，击拍准确。

Key Points: In the jumping lotus kick 360°, the body turn should be of sufficient degrees. The tip of the toes of the kicking leg should be above the shoulder level. The slap should be accurate.



图 55
Fig. 55



图 56
Fig. 56

9. 雀地龙 Què Dì Lóng

Hurdler's Split

接上势，在空中两腿前后分开下落成雀地龙跌叉，左腿伸直在前，左脚脚尖翘起，右腿屈膝在后，臀部、右膝内侧和左腿后侧贴地；同时，两掌变拳，左拳前伸置于左腿上方，拳心向上；右拳举至右肩上方高过头，拳心斜向下；目视左拳方向。（图 57）

Following the previous stance, the two legs parted into front and back and



land into the dragon diving to the ground stance, the left leg straightened at the front with the toes pointing upwards, the right knee bends at the rear. The buttock, the inner side of the right knee and the back of the left leg should be touching the ground; at the same time, both palms change to fists, the left fist extends forward and positioned above the left leg with the heart of the fist facing up; the right fist raises to above the right shoulder and higher than the head level with the heart of the fist facing diagonally down; look to the left fist's direction. (Figure 57)

要点：两腿不可依次落地，雀地龙前腿脚掌不可内扣触地，两大腿夹角大于 45° 。

Key Points: The two legs are not allowed to land sequentially. In the dragon diving to the ground stance, the front foot sole is not allowed to turn inwards to touch the ground. The angle between the two thighs must be greater than 45 degrees.



图 57
Fig. 57



第二段 Section Two

10. 肘底捶 Zhǒu Dǐ Chuí

Under Elbow Fist

(1) 接上势，左腿屈膝回收，重心前移上升，右脚跟步；同时，身体微左转；左拳变掌随起身向左、向下划弧下采置于左胯旁；右拳变掌旋臂经下向右、向上、向左划弧砍掌至体前，腕与肩平；目视右掌。（图 58—图 60、图 60 附图）

(1) Following the previous stance, the left knee bends and retracts, shift the body weight forward and rises up, the right foot take a follow step in towards the left foot; at the same time, the body turns slightly to the left; the left fist changes to palm as the body rises, grabs and moves downwards to the left in an arc motion to the side of the left hip section; the right fist changes to palm and rotates the forearm inwards, moves from the bottom to the right, then upwards, and chops horizontally to the left at the front of the body, positioned the wrist at shoulder level; look at the right palm. (Figure 58 - Figure 60, Figure 60 Alternate View)



图 58
Fig. 58



图 59
Fig. 59



图 60
Fig. 60



图 60 附图
Fig. 60 Alternate View



(2) 身体微向右再向左转，重心右移；右脚踏实，左脚向前进步，脚跟随着地，脚尖上翘，左腿膝微屈，成左虚步；同时，左手由腰间变拳经右手上方前上方打出，拳心斜向上，腕与肩平；右臂屈肘内收，右按掌变拳收至左肘下，拳眼向上，两臂微屈；目视左拳方向。（图 61）

(2) The body turns slightly to the right first then to the left, shift the body weight to the right; the right foot steps down on the ground, the left foot follows and advance a step forward, with the left heel touches the ground and the toes tilted upwards, bends the left knee slightly, forming a left empty stance; at the same time, the left hand changes to fist, moves from the waist, bypass over the right hand, and punches to the upper front, with the eye of the fist diagonally upwards and the wrist at the shoulder level; the right elbow bends and retracts, the right palm changes to fist and position below the left elbow, with the eye of the fist pointing up; both arms slightly bend; look to the left fist's direction. (Figure 61)

要点：虚步与打捶协调配合。

Key Points: The movements of the empty stance and the hammer fist should be well-coordinated.



图 61
Fig. 61

11. 倒卷肱 Dǎo Juǎn Gōng

Retreating Steps with Arms Curling

(1) 接上势，上体右转；同时，右拳变掌向下经腹前向右后上方划弧平举，腕与肩平；左拳变掌前伸；目视右掌。（图 62、图 63）

(1) Following the previous stance, the body turns to the right; at the same time, the right fist changes to palm, moves down and bypass the front of the



abdomen, then levels the palm horizontally and lifts towards the upper rear right in an arc motion; the left fist changes to palm, extends to the front; look to the right palm. (Figure 62, Figure 63)



图 62
Fig. 62



图 63
Fig. 63

(2) 左脚提起后退一步，前脚掌先着地，然后全脚踏实；重心左移，身体左转；右脚随转体以前脚掌为轴扭正，脚跟抬起，成右虚步；同时，右臂屈肘折向前，右手由右耳侧经左手上方向前推出，腕与肩平；左臂屈肘后撤顶肘，左手收至左腰侧；目视右掌方向。（图 64、图 65、图 65 附图）

(2) The left heel lifts and retreat a step, with the front sole lands first and transits to the full sole stepping on the ground; shift the body weight to the left and turn the body to the left; the right foot, following the body turn, turns in with the front sole and lifts the heel to form a right empty stance; at the same time, bends the right elbow with palm facing the front, the right hand moves from the side of the right ear towards the top of the left hand and pushes to the front, the wrist at the shoulder level; the left elbow bends and jabs to the rear, the left hand retracts to the side of the left waist; look at the right palm's direction. (Figure 64 - Figure 65, Figure 65 Alternate View)



图 64
Fig. 64



图 65
Fig. 65



图 65 附图
Fig. 65 Alternate View



(3) 上体左转；同时，左手随转体向后上方划弧平举，腕与肩平；右手前伸；目视左掌。（图 66）

(3) The upper body turns to the left; at the same time, the left hand, following the body turn, moves to the rear and levels the palm horizontally and lifts upwards in an arc motion, the wrist at the shoulder level; the right hand extends to the front; look at the left palm. (Figure 66)



图 66
Fig. 66

(4) 右脚提起后退一步，前脚掌先着地，然后全脚踏实；重心右移，身体右转；左脚随转体以前脚掌为轴扭正，脚跟抬起，成左虚步；同时，左臂屈肘折向前，左手由左耳侧经右手上方方向前推出，腕与肩平；右臂屈肘后撤顶肘，右手收至右腰侧；目视左掌方向。（图 67、图 67 附图、图 68）

(4) The right heel lifts and retreat a step, with the front sole lands first and transits to the full sole stepping on the ground; shift the body weight to the right and turn the body to the right; the left foot, following the body turn, turns in with the front sole and lifts the heel to form a left empty stance; at the same time, bends the left elbow with palm facing to the front, the left hand moves from the side of the left ear towards the top of the right hand and pushes to the front, the wrist at the shoulder level; bend the right elbow and jabs to the rear, the right hand retracts to the side of the right waist; look at the left palm's direction. (Figure 67, Figure 67 Alternate View, Figure 68)

要点：退步不可抬脚过高；移动时身体重心平稳，不可左右歪斜；虚步与推掌、顶肘协调配合。

Key Points: In the retreating steps, the foot should not be lifted too high above the ground; during movements, the body's center of gravity should be



stable and steady, and it should not be slanting to the sides; the movements of the empty stance, the palm push and the elbow jab should be well-coordinated.



图 67
Fig. 67



图 67 附图
Fig. 67 Alternate View



图 68
Fig. 68

12. 搬拦捶 Bān Lán Chuí

Deflect, Parry and Punch

(1) 接上势，左脚跟落地，脚尖内扣；身体右转；同时，左掌外旋，右掌内旋向左上经左前臂内侧，由左向右前方划弧平抹，左掌落于右肘内侧下方；目视右掌。（图 69、图 70）

(1) Following the previous stance, the left heel steps down with the toes turns inwards; the body turns to the right; at the same time, the left palm rotates outwards; the right palm rotates inwards, past the inner side of the left forearm and moves to the upper left, and wipe horizontally from the left to the right front in an arc motion; the left palm lowers to the inner side of the right elbow; look at the right palm. (Figure 69, Figure 70)



图 69
Fig. 69



图 70
Fig. 70



(2) 身体微左转，重心左移；右脚收于左脚内侧；同时，左手向左划弧，再向上卷收于体前，掌心向下；右掌变拳向下划弧收于腹前；目视左掌方向。

(图 71)

(2) The body turns slightly to the left, shift the body weight to the left; the right foot retracts to the inner side of the left foot; at the same time, the left hand moves in an arc motion to the left, and then upwards and retracts to the front of the body, with the palm facing down; the right palm changes to fist, moves down in an arc motion to the front of the abdomen; look at the left palm's direction. (Figure 71)



图 71
Fig. 71

(3) 右脚向右侧上步，脚跟着地，脚尖外摆；随即右拳经左臂内侧向前翻转搬出，拳心向上，腕与胸平；左掌下按至左胯旁；目视右拳方向。(图 72)

(3) The right foot steps forward to the right side, with only the heel touches the ground and the toes turns outwards; following that, the right fist moves past the inner side of the left arm, rotates and parry towards the front, with the heart of the fist facing up, the wrist at chest level; the left palm presses down to the side of the left hip section; look to the right fist's direction. (Figure 72)



图 72
Fig. 72



(4) 重心前移，身体右转；同时，右前臂内旋，右拳向右划弧至体侧；左前臂外旋，左掌向左、向前摆至体前，掌心向上；目随右拳再转视左掌方向。（图 73、图 73 附图）

(4) Shift the body weight forward, the body turns to the right; at the same time, the right forearm rotates inwards, the right fist moves to the right in an arc motion to the side of the body; the left forearm rotates outwards, the left palm moves to the left, then forward and positions in front of the body, with the palm facing up; the eyes follow the right fist first then turns to the left palm's direction. (Figure 73, Figure 73 Alternate View)



图 73
Fig.73



图 73 附图
Fig. 73 Alternate View

(5) 左脚经右脚内侧向前上步，脚跟落地；同时，右拳收于右腰间，掌心向上；左手内旋立掌，拦于体前；目视左掌方向。（图 74、图 74 附图）

(5) The left foot moves past the inner side of the right foot and steps forward with only the heel touches the ground; at the same time, the right fist retracts to the right waist with the heart of the fist facing up; the left hand rotates inwards to a vertical palm, and blocks at the front of the body; look to the left palm's direction. (Figure 74, Figure 74 Alternate View)



图 74
Fig.74



图 74 附图
Fig. 74 Alternate View



(6) 重心前移，成左弓步；同时，右拳自腰间旋转向前冲打，拳眼转向上，腕与胸平；左掌收附于右前臂内侧；目视右拳方向。（图 75）

(6) Shift the body weight forward to form a left bow stance; at the same time, the right fist rotates and punches to the front from the waist, with the eye of the fist pointing up, the wrist at the chest level; the left palm retracts and positions at the inner side of the right arm; look to the right fist's direction. (Figure 75)

要点：搬拳和拦掌有明显的弧度；右拳向前冲打与弓步协调一致，舒展和顺，圆活完整。

Key Points: The movements of parry fist and blocking palm should have an obvious arc motion; the movements of the right forward punch and the bow stance should be well-coordinated and in unison, expansive and smooth, flexible and complete.



图 75
Fig. 75

13. 右蹬脚 Yòu Dēng Jiǎo

Right Heel Kick

(1) 接上势，重心微后移，左脚尖外摆；上体微左转，重心前移，左腿屈膝前弓；同时，右拳变掌臂内旋，左手外旋，两掌分别向左右划弧分举；目随右掌再转视左掌方向。（图 76、图 77）

(1) Following the previous stance, shift the body weight slightly backwards, the left toes turns outwards; the upper body turns slightly to the left, shift the body weight forward, the left knee bends and pushes forward; at the same time, the right fist changes to palm and rotates the forearm inwards, the left hand rotates outwards, the two palms move to the respective sides in an arc motion and lifts



upwards; the eyes follow the right palm first then turns to the left palm's direction.
(Figure 76, Figure 77)



图 76
Fig. 76



图 77
Fig. 77

(2) 左腿微屈站稳，右腿屈膝提起；同时，右掌向下、向左、向上划弧，左掌向左、向上、向右划弧至胸前，两腕交叠，两掌交叉合抱，右掌在外；目视两掌方向。（图 78）

(2) The left leg bend slightly and stand firm, the right knee bends and lifts up; at the same time, the right palm moves downwards, to the left and then up again in an arc motion, the left palm moves to the left, up and to the right in an arc motion to the front of the chest, both wrists crossed and the palms facing the chest with the right palm on the outer side; look to the palms' direction. (Figure 78)



图 78
Fig. 78

(3) 右脚向右前方蹬出，脚尖勾回；同时，两掌分别向右前方和左方划弧分开撑举，腕与肩平，右臂与右腿上下相对；目视右掌方向。（图 79）

(3) The right foot execute a heel kicks to the front right, with the toes tilt backwards; at the same time, the two palms parts with the right palm extend to the front right and the left palm extend to the left side, in an arc motion, both wrists at



the shoulder level, the right arm aligns vertically with the right foot; look to the right palm's direction. (Figure 79)

要点：蹬脚上举腿伸直，高过水平；蹬脚与分掌协调一致。

Key Points: In the movement of the right heel kick, the leg should be straightened and should be higher than the horizontal level. The heel kick and the parting of palms should be coordinated and in unison.



图 79
Fig. 79

14. 双峰贯耳 Shuāng Fēng Guàn Ěr

Double Inward Jab to Ears

(1) 接上势，右腿屈膝，小腿回收，脚尖下垂；同时，左手向右摆掌，两臂在胸前相合，两掌心向下；目视前方。（图 80）

(1) Following the previous stance, the right knee bends and retracts the calf with the toes pointing down; at the same time, swings the left hand to the right, both arms position close together in front of the chest, with the palm facing down; look to the front. (Figure 80)



图 80
Fig. 80

(2) 右脚向右前方落步；同时，两掌掌心翻转向上，划弧平行下落于腹



前；目视前方。（图 81、图 81 附图）

(2) The right foot lands to the front right; at the same time, both palms flip to facing upwards, move in an arc motion and lower to the front of the abdomen; look to the front. (Figure 81, Figure 81 Alternate View)



图 81
Fig. 81



图 81 附图
Fig. 81 Alternate View

(3) 重心前移，成右弓步；同时，两手握拳经两侧向前上方划弧掳打，腕与耳平，拳眼斜向下，两臂微屈成弧形，两拳间距与头同宽；目视前方。（图 82、图 82 附图、图 83）

(3) Shift the body weight forward, form a right bow stance; at the same time, both hands change to fists, move in an arc motion from both sides and strike to the upper front, the wrists at the ear level, with the eyes of the fists diagonally downwards, the two arms slightly bend in a rounded posture; the distance between the two fists is as wide as the head; look to the front. (Figure 82, Figure 82 Alternate View, Figure 83)

要点：重心前移成弓步与两掌变拳自下经两侧向前上方弧形圈打协调配合，沉稳浑厚，绵里藏针。

Key Points: The movements of forming the bow stance, transforming the palm to fist and the arms' striking movements should be well-coordinated, sturdy and firm, and the strength being hidden in the gentleness.



图 82
Fig. 82



图 82 附图
Fig. 82 Alternate View



图 83
Fig. 83

15. 左分脚 Zuǒ Fēn Jiǎo

Left Parting Kick

(1) 接上势，身体左转，重心左移；右脚尖内扣；同时，两拳变掌划弧平分于身体两侧；目视左掌。（图 84）

(1) Following the previous stance, the body turns to the left, shift the body weight to the left; turn the right toes inwards; at the same time, both fists change to palms, move in an arc motion, part horizontally to the sides of the body; look to the left palm. (Figure 84)



图 84
Fig. 84

(2) 重心右移；右腿微屈站稳，左腿屈膝提起；同时，左掌向下、向右、向上划弧，右掌向下、向左、向上划弧至胸前，两腕交叠，两掌交叉合抱，左掌在外；目视两掌方向。（图 85、图 86）

(2) Shift the body weight to the right; the right leg bends slightly and stands firm, the left knee bend and lifts up; at the same time, the left palm moves down, to the right and then upwards again in an arc motion, the right palm moves down, to the left and then upwards in an arc motion, both wrists crossed each other in



front of the chest, both palms hug in a crossed manner with the left palm on the outer side; look to the palms' direction. (Figure 85, Figure 86)



图 85
Fig. 85



图 86
Fig. 86

(3) 左脚脚面展平向左前上方踢出；同时，两掌向左前方和右方划弧分开撑举，腕与肩平，左臂与左腿上下相对；目视左掌方向。（图 87）

(3) The left foot kicks to the upper left front with the face of the foot flattened; at the same time, both palms part and extend in an arc motion to the left front and the right respectively, both wrists shoulder level; the left arm aligns with the left leg vertically; look to the left palm's direction. (Figure 87)

要点：分脚上举腿伸直，高过水平；分脚与分掌协调一致。转接柔顺，不偏不倚。

Key Points: In the movement of parting kick, the leg should be straightened and higher than the horizontal level; the parting kick and the parting of the palms should be well-coordinated and in unison. The transition of the movements should be smooth and gentle, exact and balanced.



图 87
Fig. 87



16. 仆步下势 Pú Bù Xià Shì

Crouching Stance Downward Threading Palm

(1) 接上势，左腿屈膝，小腿回收，脚尖下垂；同时，右掌变钩手，腕与肩平；左手经面前向右划弧摆至右臂内侧；目视右钩手。（图 88、图 89）

(1) Following the previous stance, the left knee bends and retracts the calf with the toes pointing down; at the same time, the right palm changes to a hook hand with the wrist at the shoulder level; the left hand moves past the front of the face, and swings to the right to the inner side of the right arm in an arc motion; look at the right hook hand. (Figure 88, Figure 89)



图 88
Fig. 88



图 89
Fig. 89

(2) 身体微右转；右腿屈膝半蹲；左脚前脚掌落地，沿地面向左侧伸出，随即全脚踏实，左腿自然伸直，成右弓步；目视右钩手方向。（图 90）

(2) The body turns slightly to the right; the right knee bends to a half squat; the left front sole lands on the ground, follows along the ground surface and extends to the left side and immediately steps down with full sole, the left leg straightens naturally and forms a right bow stance; look at the right hook hand's direction. (Figure 90)

(3) 上体左转；右腿屈膝全蹲，左腿伸直平铺，成左仆步；同时，左掌心由内转向外，体前划弧向下经左大腿内侧向左穿伸；目视左下方。（图 91）

(3) The upper body turns left; the right knee bends to a full squat, the left leg straightens to form a left crouching stance; at the same time, the left palm turns and face outwards, moves past the front of the body then downwards, and threads along the inner side of the left thigh to the left; look to the lower left. (Figure 91)



要点：仆步时屈蹲腿全蹲，平铺腿伸直，全脚掌内扣着地。

Key Points: In the crouching stance, the bending leg should be in a full squat, the extended leg should be straightened, with the full sole touching the ground and toes turning inwards.



图 90
Fig. 90



图 91
Fig. 91

17. 金鸡独立 Jīn Jī Dú Lì

Golden Rooster Single-Leg Stand

(1) 重心前移，上体左转；左脚尖外摆，左腿屈膝前弓，右脚尖内扣，成左弓步；同时，左臂继续向前穿伸挑掌，成侧立掌，腕与肩平；右臂内旋下落至身后，钩尖斜向上；目视左掌方向。（图 92）

(1) Shift the body weight forward, the upper body turns left; the left toes turn outwards, the left knee bends and pushes forward, the right toes turn inwards, forming a left bow stance; at the same time, the left arm continues to thread forward and flick upwards, forming a vertical palm with the wrist at shoulder level; the right arm rotates inwards and lowers to the back of the body, the tip of the hook hand pointing diagonally up; look to the left palm's direction. (Figure 92)



图 92
Fig. 92

(2) 上体微向左再向右转，重心后移；同时，左手内旋前伸再外旋向右



横掌；右钩手变掌向前、向右划弧于体侧；目视左掌方向。（图 93、图 93 附图、图 94）

(2) The upper body first turns slightly to the left then to the right, shift the body weight backward; at the same time, the left hand rotates inwards and extends forward, then rotates outwards to chop to the right; the right hook hand changes to palm, moves forward then to the right, in an arc motion, to the side of the body; look to the left palm's direction. (Figure 93, Figure 93 Alternate View, Figure 94)



图 93
Fig. 93



图 93 附图
Fig. 93 Alternate View



图 94
Fig. 94

（3）重心左移，身体左转；左腿微屈站稳，右腿屈膝提起，脚尖下垂，成左独立步；同时，左掌内旋划弧下按于左胯旁；右掌先外旋向右下经腰间从左前臂内侧上穿，再翻掌撑于右额上方；目视前方。（图 95—图 97、图 96 附图、图 97 附图）

(3) Shift the body weight to the left, the body turns left; bend the left leg slightly and stands firm, the right knee bends and lifts up with the toes pointing down, forming a left single-leg stance; at the same time, the left palm rotates inwards and moves in an arc motion, presses at the side of the left hip section; the right palm first rotates outwards and moves down past the waist, and thread upwards from the inner side of the left forearm, then flips the palm to block upwards at the upper right of the forehead; look to the front. (Figure 95 - Figure 97, Figure 96 Alternate View, Figure 97 Alternate View)

要点：提膝高过腰，提膝独立与右掌上撑、左掌下按协调一致；势正劲整，柔中寓刚。

Key Points: The raised knee should be higher than the waist level. The



movements of the raised knee single-leg stance, the right palm upward block and left palm downward press should be well-coordinated; the pose should be upright, and the strength be unified, the strength being implicated in the gentleness of the movements.



图 95
Fig. 95



图 96
Fig. 96



图 96 附图
Fig. 96 Alternate View



图 97
Fig. 97



图 97 附图
Fig. 97 Alternate View

18. 旋风脚 180° Xuàn Fēng Jiǎo 180°

Tornado Kick 180°

接上势，右脚下落，原地双脚蹬地跳起腾空；身体在空中向左后转 180°；同时，右臂下落，两臂依次向上、向后摆动至头前上方；随即右腿里合，左掌拍击右脚掌；击响腿单脚落地支撑，两臂自然下落，掌心均向下；目视前方下方。（图 98—图 100）

Following the previous stance, the right foot steps down, both feet push the ground and jump up at the original spot; the body turns to the rear left 180 degrees



in mid-air; at the same time, the right arm lowers, then both arms swings up backwards sequentially to the upper front of the head; immediately, the right foot kicks inwards (inner crescent kick), the left palm slaps on the right sole; the right foot lands and supported with single leg, the two arms lower naturally with the palms facing down; look to the lower front. (Figure 98 – Figure 100)

要点：原地起跳前不可停顿；击响腿脚尖过肩，击拍准确。击响腿单腿落地时不可出现上体晃动、脚移动或跳动。

Key Points: When jumping from the original spot, there should not be any pause; the toes of the kicking leg should be higher than the shoulder level, the slap should be accurate. When landing with a single leg, there should not be any swaying of torso, shifting of foot or hopping.



图 98
Fig. 98



图 99
Fig. 99



图 100
Fig. 100

19. 独立托掌 Dú Lì Tuō Zhǎng

Single-Leg Stance Palm Lift

接上势，右腿微屈站稳，左腿屈膝提起，脚尖下垂，成右独立步；同时，左掌翻转上托，举于体前，腕与肩平；右掌向右、向上划弧，撑于体侧，腕与肩平；目视左掌方向。（图 101）

Following the previous stance, the right leg bends slightly and stand firm, the left knee bends and lifts up with the toes pointing down, forming a right single-leg stance; at the same time, the left palm flips and lift upwards at the front of the body with the wrist at shoulder level; the right palm moves in an arc motion to the right then upwards, and extend to the side of the body, the wrist at the shoulder level; look to the left palm's direction. (Figure 101)



要点：右脚站立稳固，左脚脚尖不可触地；提膝高过腰，提膝独立与托、撑掌协调一致。

Key Points: The right leg stands firm and steady; the left toes should not touch the ground; the knee should be raised above the waist level. The movements of the single-leg stance and the palm lift should be well-coordinated and in unison.



图 101
Fig. 101



第三段 Section Three

20. 指裆捶 Zhǐ Dāng Chuí Groin Pointing Strike

(1) 接上势，左脚向左前落步；同时，右掌变拳收至腰间，拳心向上；左掌内旋向右、向下压掌，掌心向下；目视前方。（图 102、图 102 附图）

(1) Following the previous stance, the left foot lands to the front left; at the same time, the right palm changes to fist and retracts to the waist with the heart of the fist facing up; the left palm rotates inwards and presses down to the right with the palm facing down; look to the front. (Figure 102, Figure 102 Alternate View)



图 102
Fig. 102



图 102 附图
Fig. 102 Alternate View

(2) 重心前移，成左弓步；同时，左掌向左前弧形搂按至左胯旁；右拳向前下方冲打，拳眼斜向上，腕与腹平；目视前下方。（图 103、图 104）

(2) Shift the body weight forward, form a left bow stance; at the same time, the left palm grasp to the left in an arc motion and press at the side of the left hip section; the right fist punches to the lower front, with the eye of the fist pointing diagonally up and the wrist at the abdomen level; look to the lower front. (Figure 103, Figure 104)

要点：落步、搂按掌和弓步协调配合；右拳自腰间向前下方冲打，力达拳面。

Key Points: The landing step, grasp and press palm and the bow stance should be well-coordinated; the right fist punches from the waist to the lower front should have the force exerted at the face of the fist.



图 103
Fig. 103



图 104
Fig. 104

21. 野马分鬃 Yě Mǎ Fēn Zōng

Part the Wild Horse's Mane

(1) 接上势，重心左移，身体微左转；右脚收至左脚内侧；同时，左掌划弧举于胸前，腕与胸平；右拳变掌划弧合于腹前，体前抱掌；目视左掌方向。（图 105）

(1) Following the previous stance, shift the body weight to the left, the body turns slightly to the left; the right foot retracts to the inner side of the left foot; at the same time, the left palm moves in an arc motion and raise to the front of the chest with the wrist at the chest level; the right fist changes to palm, moves in an arc motion, to the front of the abdomen and aligns with the left palm, form a hugging palm; look to the left palm's direction. (Figure 105)



图 105
Fig. 105

(2) 右脚向右前方上步，重心前移，成右弓步；同时，上体右转；右左手随转体分别向右上、左下分开，右掌腕高过肩，掌心斜向上，左掌按至左胯旁；目视右掌方向。（图 106—图 108）

(2) The right foot steps to the right front, shift the body weight forward, form a right bow stance; at the same time, the upper body turns right; following the



body turn, both palm parted to the upper right and lower left; the right hand moves to the upper right with the wrist at the shoulder level and palm facing slanting up, the left palm presses at the side of the left hip section; look to the right palm's direction. (Figure 106 - Figure 108)

要点：弓步斜分掌两臂保持弧形，弓步与分靠协调配合；身体重心转换保持平稳，势正招圆，紧凑灵活。

Key Points: In the bow stance parting palms, both arms should maintain in a rounded posture, the bow stance and the leaning parting palms should be well-coordinated; the shifting of the body weight should maintain stable, the pose should be upright, and movements should be circular, the entire movement should be compact and flexible.



图 106
Fig. 106



图 107
Fig. 107



图 108
Fig. 108

22. 海底针 Hǎi Dǐ Zhēn

Needle in the Sea Bottom

(1) 接上势，右手收至左肩前，左手撩掌；随即重心左移，右脚尖翘起；右手下落，左手举至体前；目视左掌。（图 109、图 110）

(1) Following the previous stance, the right hand retracts to the front of the left shoulder, the left palm performs an uppercut lift palm; immediately the body weight shifts to the left, the right toes tilt up; then right hand lowers down and the left hand raises to the body front; look to the left palm. (Figure 109, Figure 110)



图 109
Fig. 109



图 110
Fig. 110

(2) 重心继续左移；右脚回收至左脚右前方，前脚掌着地，两腿屈膝下蹲；同时，左臂微屈，左手下插掌垂落于体前；右手前摆划弧随右臂屈肘向上收至左耳侧；目视前下方。（图 111）

(2) Continue to shift the body weight to the left; the right foot retracts to the right front of the left foot, with only the front sole supports the ground, both knees bend and squat; at the same time, the left arm bends slightly, the left hand thrust downwards at the body front; the right hand swings forward in an arc motion and following that bend the elbow to retract to the side of the left ear; look to the lower front. (Figure 111)

要点：下蹲时虚领顶劲，不可低头、弓腰、撅臀。

Key Points: While squatting down, imagine an upward pull at the top of the head, there should not be lowering of head, hunching of back, or sticking out of buttocks.



图 111
Fig. 111

23. 闪通背 Shǎn Tōng Bei

Flashing Out Arms

(1) 接上势，两腿蹬伸，右脚向前上步，脚跟着地；同时，左臂向上挑成前平举；右手外旋，掌心向上落至左肘下，随即向前穿至左腕处；目视左



掌。(图 112、图 113)

(1) Following the previous stance, both legs push the ground and extend upwards, the right foot then steps forward with the heel touches the ground; at the same time, the left arm flick upwards to a horizontal lift; the right hand rotates outwards with the palm facing up and positioned under the left elbow, following that, thread forward to the left wrist; look to the left palm. (Figure 112, Figure 113)

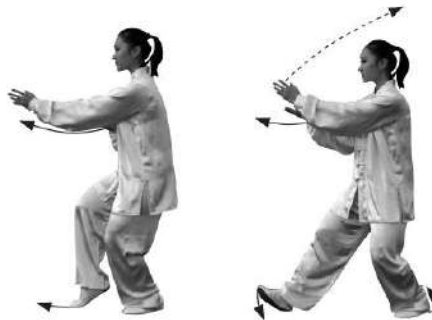


图 112
Fig. 112

图 113
Fig. 113

(2) 右脚尖内扣落地，左脚以前脚掌为轴脚跟内收，上体左转，两腿屈膝，成马步；同时，左臂屈肘，左掌架至左额上方；右手内旋，沿左手下向右推出，腕与肩平；目视右掌方向。(图 114)

(2) The right toes turn inwards and step down, the left foot, using the front sole as the rotational axis, turn the heel inwards, the upper body turns left, both knees bend to form a horse stance; at the same time, the left elbow bends and block upwards above the left forehead; the right hand rotates inwards, pushes out from under the left hand, with the wrist at the shoulder level; look to the right palm's direction. (Figure 114)

要点：身体保持中正，马步圆裆开胯；架推掌力达掌根；端正严密，柔化细腻。

Key Points: The body maintains centered and upright, the horse stance should have rounded groin and extended hip joints; the block and push palm should have the force exerted at the root of the palm; the entire movement should be upright and tight, soft and detailed.



图 114
Fig. 114

24. 提手上势 Tí Shǒu Shàng Shì

Hand Raise High Form

重心左移；右脚尖内扣收至左脚内侧，前脚掌着地，两腿微屈；同时，左手摆举至额前；右手向下、向左划弧摆收至小腹前，掌指向下；目视前方。
(图 115、图 116)

Shift the body weight to the left; the right toes turn inwards and retracts to the inner side of the left foot, the front sole touches the ground, both legs slightly bend; at the same time, the left hand swings up the front of the forehead; the right hand swings, in arc motion, downwards then towards the left and positioned at the front of the abdomen, with the fingers pointing down; look to the front. (Figure 115, Figure 116)

要点：右脚内收与左掌上举、右掌摆收协调配合，上下相随，舒展圆活。

Key Points: The movements of the right foot retract, the left palm uplift and the right palm retract should be well-coordinated, the upper body and lower limbs movements should follow up in correspondence and well-coordinated, expansive and flexible.

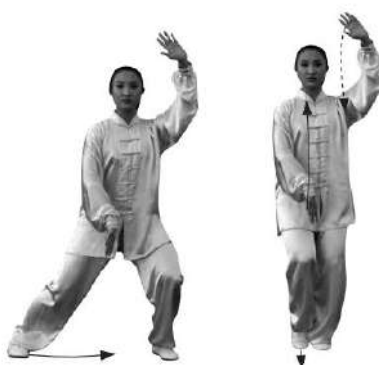


图 115
Fig. 115

图 116
Fig. 116



25. 白鹤亮翅 Bái Hè Liàng Chì

White Crane Spreading Wings

(1) 右脚向前上步，脚跟着地；同时，左掌从前额向下移至左胸前，左肘靠肋；右掌从腹前向上提举至右额上方；目视前方。（图 117）

(1) Right foot steps forward with the heel touches the ground; at the same time, the left palm lowers from the front of the forehead to the front of the left chest, the left elbow closing in towards the rib section; the right palm raises and lifts from the front of the abdomen to above the right forehead; look to the front. (Figure 117)



图 117
Fig. 117

(2) 右脚踏实，重心右移；左脚跟步至右脚内侧，前脚掌着地；同时，右手向下经脸的右侧至右胸前，肘尖下垂，手心向前，高与左手平齐，两掌一起向前推出，腕与肩平；目视前方。（图 118、图 119）

(2) The right foot steps down, shift the body weight to the right; the left foot follows a step to the inner side of the right foot, with only the front sole touches the ground; at the same time, the right hand lowers past the right side of the face to the front of the right chest, with the elbow pointing down and palm facing forward, at same level with the left hand; both palms pushes forward together with the wrists at the shoulder level; look to the front. (Figure 118, Figure 119)

要点：两掌前推，力达掌根；推掌与跟步协调一致；敏捷自然，转换灵活。

Key Points: When pushing with both palms, the force should be exerted at the root of the palm; the movements of the palm push and the follow step should



be well-coordinated and in unison; the entire movement being agile, natural and the transition being flexible.



图 118
Fig. 118



图 119
Fig. 119

26. 后插腿低势平衡 Hòu Chā Tuǐ Dī Shì Píng Héng

Low Balance with Leg Crossed Behind

接上势，重心左移；右腿向左、向右摆起，随即从支撑腿后向左侧前方插腿低势平衡；左腿屈膝全蹲支撑；同时，右手向左、向上、向右经右下向左前在体前划弧下插掌，左掌附于右臂内侧，接着两掌向右上左下斜分；目视左掌方向。（图 120—图 124）

Following the previous stance, shift the body weight to the left; the right foot swings up to the left side then to the right, immediately tuck behind the supporting leg and extends to the side of the left front, forming a back crossed-leg low balance stance; the left leg bends to a full squat to support the stance; at the same time, the right hand moves to the left, upwards, to the right and past the lower right to the left front in an arc motion and thrusts to the front of the body, the left palm attaches to the inner side of the right arm, following that, both palms separates and moves diagonally to the upper right and lower left respectively; look to the left palm's direction. (Figure 120 - Figure 124)

要点：插出腿脚不可触地，支撑腿大腿低于水平，手不可扶按支撑腿。

Key Points: The foot of the back-crossing leg should not touch the ground; the level of the thigh of the supporting leg should be lower than the horizontal level; hands are not allowed to support or press on the supporting leg.

太极拳套路动作图解 Movements Illustrations of Taijiquan Routine



图 120
Fig. 120



图 121
Fig. 121



图 122
Fig. 122



图 123
Fig. 123



图 124
Fig. 124



第四段 Section Four

27. 摆莲转体 180° Bǎi Lián Zhuǎn Tǐ 180°

Lotus Kick Body Turn 180°

(1) 接上势，左腿直膝，右腿提膝，两掌右摆；右腿向左上摆起经面前向右外摆，左右掌依次击拍右脚面；目视前上方。（图 125、图 126）

(1) Following the previous stance, the left leg straightens, the right knee raises, both palms swing to the right; the right leg swings upwards to the left and pass the front of the face then to the right side, both hands sequentially slap on the face of the right foot, with the left first then the right; look to the upper front. (Figure 125, Figure 126)



图 125
Fig. 125



图 126
Fig. 126

(2) 上动不停，右腿屈膝提收，两掌摆至左侧；提膝向右后转体 180°，两手随转体摆至身前；目视前方。（图 127、图 128）

(2) Continue from the previous movement without stopping, the right knee bends and holds, the two palm swings to the left side; the raised knee turns 180 degrees to the right rear, the two hands, following the body turn, swings to the front of the body; look to the front. (Figure 127, Figure 128)

要点：击响摆动腿伸直，击拍准确。

Key Points: The kicking leg should be straightened. The slap should be accurate.



图 127
Fig. 127



图 128
Fig. 128

28. 独立抱掌 Dú Lì Bào Zhǎng

Single Raised Knee Stance Ball-Hugging Palm

接上势，提膝独立；两手抱掌于体前，右掌腕与胸平，左掌腕与腹平；目视右掌方向。（图 129、图 129 附图）

Following the previous stance, hold the raised knee and stand on single leg; the two hands form a hugging palm in front of the body, the right wrist at the chest level, and the left wrist at the abdomen level; look to the right palm's direction. (Figure 129, Figure 129 Alternate View)

要点：提膝要高过腰，两臂微屈圆撑。

Key Points: The level of the raised knee should be higher than the waist level, the two arms should bend slightly and be rounded in posture.



图 129
Fig. 129



图 129 附图
Fig. 129 Alternate View

29. 双震脚 Shuāng Zhèn Jiǎo

Double Stamping Feet

(1) 接上势，右脚向左前方盖步落下，左脚跟在右脚落地时抬起，两腿



交叉屈蹲；同时，两掌一齐向右摆落；目视右掌。（图 130、图 130 附图）

(1) Following the previous stance, the right foot steps to the front of the left foot as the cover step, the left heel raises as the right foot lands, both legs crossed and bend to squat; at the same time, both palms concurrently lowers to the right; look to the right palm. (Figure 130, Figure 130 Alternate View)



图 130
Fig. 130



图 130 附图
Fig. 130 Alternate View

(2) 左脚向后撤步，重心左移，右前脚掌着地，成右虚步；同时，上体微右转；两掌收回于腹前，右手在前，左手在右肘内侧，掌心均向上；目视右掌方向。（图 131、图 132、图 132 附图）

(2) The left foot retreats to the rear, shift the body weight to the left, the right front sole steps to the ground, form a right empty stance; at the same time, the upper body turns slightly to the right; the two palms retract to the front of the abdomen, the right hand at the front, the left hand attaches at the inner side of the right elbow, both palms facing up; look to the right palm's direction. (Figure 131, Figure 132, Figure 132 Alternate View)



图 131
Fig. 131



图 132
Fig. 132



图 132 附图
Fig. 132 Alternate View



(3) 右腿屈膝上摆，左脚蹬地跳起，左脚、右脚依次下落踏地震脚；同时，两掌裹劲上托于胸前，随即两手内旋下按发力于腹前，右手在前，左手在右肘内侧，掌心均向下；目视右掌方向。（图 133、图 133 附图、图 134、图 134 附图）

(3) The right knee bends and swings up, the left foot pushes the ground and jump up, both feet land to stamp on the ground sequentially with the left foot first then the right; at the same time, both palms execute a wrapping force and lifted upwards in front of the chest, following that, the two hands rotate inwards and press forcefully at the front of the abdomen, with the right hand in front and the left hand attaches at the inner side of the right elbow, both palms facing down; look towards the right palm. (Figure 133, Figure 133 Alternate View, Figure 134, Figure 134 Alternate View)

要点：盖步摆掌接双震脚连贯顺畅；跳起上托掌配合吸气，两脚依次下落踏震；下按掌发力，配合呼气下沉。

Key Points: The transition movements from the cover step swing palms and the double stamp feet should be continuously linked and smooth; the jump and the lifting palm should coordinate with the breathing, the two feet should stamp sequentially; the press palm should exert force and coordinate with exhale to sink the body weight down.



图 133
Fig. 133



图 133
Fig. 133 Alternate View



图 134
Fig. 134



图 134 附图
Fig. 134 Alternate View

30. 蹬脚架推 Dēng Jiǎo Jià Tuī

Heel Kick Upper Block Push

(1) 接上势，重心左移，左腿微屈支撑，右腿屈膝提起，两手收于腹前；随即右腿由屈到伸，右脚尖勾起，以脚跟为力点，向右前蹬出发力；同时，右手立掌向右前推出发力，腕与肩平；左掌架于左额上方；目视右掌方向。
(图 135、图 135 附图、图 136、图 136 附图)

(1) Following the previous stance, shift the body weight to the left, the left leg bends slightly to support, the right knee bends and raises up, the two hands retract to the front of the abdomen; following that, the right leg with the toes tilting up, straightens and extended, kicks to the right front with the heel as the impact point; at the same time, the right hand form a vertical palm pushes forcefully to the right front with the wrist at the shoulder level; the left palm blocks upwards at the upper left forehead; look to the right palm's direction.
(Figure 135, Figure 135 Alternate View, Figure 136, Figure 136 Alternate View)



图 135
Fig. 135



图 135 附图
Fig. 135 Alternate View



图 136
Fig. 136

图 136 附图
Fig. 136 Alternate View

(2) 借右蹬脚的反弹力右腿屈膝；同时，两手随右腿屈膝回收，落于腹前；目视前方。（图 137、图 137 附图）

(2) Using the kick's reaction force to bend the right knee; at the same time, the two hands, following the retract of the right knee, lower to the front of the abdomen; look to the front. (Figure 137, Figure 137 Alternate View)

要点：右蹬脚高过水平；蹬脚、架推掌发力，力达右脚跟及两掌根，右蹬脚与架推掌协调一致。

Key Points: The right heel kick should be higher than the horizontal level, and the force exerted at the heel; the push and block palms should exert the force at the roots of the palms. The movements of the heel kick and the push and block palms should be well-coordinated and in unison.



图 137
Fig. 137

图 137 附图
Fig. 137 Alternate View

31. 玉女穿梭 Yù Nǚ Chuān Suō

Jade Maiden Weaving the Shuttle

(1) 接上势，右脚向右前方上步；同时，右手臂向前平伸插掌穿出，掌



心向下；左手置于左腰侧；目视右掌。（图 138、图 138 附图）

(1) Following the previous stance, the right foot lands and steps to the right front; at the same time, the right arm extends and threads forward with the palm facing down; position the left hand at the side of the left waist; look to the right palm. (Figure 138, Figure 138 Alternate View)



图 138
Fig. 138



图 138 附图
Fig. 138 Alternate View

(2) 左脚向前摆起，右脚蹬地；身体腾起右转 180°；同时，左手立掌向左推出，腕与肩平；右掌收架于右额上方；随即右脚向左后方落地插步，前脚掌着地；两手臂姿势保持不变；目视左掌方向。（图 139）

(2) The left leg swings to the front, the right foot pushes the ground and jump up; the body turns to the right 180 degrees in the mid-air; at the same time, the left hand form a vertical palm and pushes to the left with the wrist at the shoulder level; the right palm retracts and blocks at the upper right of the forehead; following that, the right foot steps behind the back of the left foot as a crossed-step, with the right front sole touching the ground; the postures of the two arms remain unchanged; look to the left palm's direction. (Figure 139)

要点：跳插步与架推掌协调配合，力达掌根；劲力充足，节奏分明。

Key Points: The movements of the jumping crossed step and the block-push palm should be well-coordinated, with the block-push palm exerting the force at the roots of the palms; the strength exerted should be forceful; the rhythm of the movements should be clear and obvious.



图 139
Fig. 139

32. 云手 Yún Shǒu

Cloud Waving Hand

(1) 接上势，身体右转 180°，重心右移；随体转右脚掌碾转、左脚尖内扣；同时，两掌向右划弧推出，右掌推至身体右侧，左掌推至右肋旁；目视右掌方向。（图 140、图 140 附图）

(1) Following the previous stance, the body turns 180 degrees to the right, shift the body weight to the right; following the body turn, the right foot sole twist and turn, the left toes turn inwards; at the same time, both palms move in an arc motion and push to the right, the right palm pushes till the right side of the body, the left palm pushes to the side of the right rib section; look to the right palm's direction. (Figure 140, Figure 140 Alternate View)



图 140
Fig. 140



图 140 附图
Fig. 140 Alternate View

(2) 身体微左转，重心左移；随即右脚向左后方插步，前脚掌着地；同时，左掌内旋向上、向左划弧推至身体左侧；右掌外旋，向下、向左划弧推至左肋旁；目视左掌方向。（图 141）



(2) The body turns slightly to the left, shift the body weight to the left; immediately the right foot steps to the back of the left foot, forming a back crossed-step, with the front sole steps on the ground; at the same time, the left palm rotates inwards and moves upward in an arc motion to the left, then pushes to the left side of the body; the right palm rotates outwards and moves downwards in an arc motion to the left, then pushes to the side of the left rib section; look to the left palm's direction. (Figure 141)

(3) 身体微右转，重心右移；左脚向左开步；同时，两掌向右前横推；目视右掌方向。（图 142）

(3) The body turns slightly to the right, shifts the body weight to the right; the left foot steps to the left; at the same time, both palms push horizontally to the right front; look to the right palm's direction. (Figure 142)



图 141
Fig. 141



图 142
Fig. 142

(4) 身体左后转 180°，重心左移；右脚向右开步；同时，左掌内旋，经胸前向上、向左划弧推至身体左侧；右掌外旋向右、向下、向左划弧推至左肋旁；目视左掌方向。（图 143、图 144）

(4) The body turns 180 degrees to the rear left, shift the body weight to the left; the right foot steps to the right; at the same time, the left palm rotates inwards, moves past the front of the chest upwards, then to the left in an arc motion, and pushes to the left side of the body; the right palm rotates outwards, moves downwards to the right, and to the left in an arc motion and pushes to the side of the left rib section; look to the left palm's direction. (Figure 143, Figure 144)



图 143
Fig. 143

图 144
Fig. 144

(5) 身体微右转，重心右移；随即左脚向右后方插步，前脚掌着地；同时，右掌内旋向上、向右划弧推至身体右侧；左掌外旋，向下、向右划弧推至右肋旁；目视右掌方向。（图 145）

(5) The body turns slightly to the right, shift the body weight to the right; immediately the left foot steps to the back of the right foot, forming a back crossed steps, with the front sole steps on the ground; at the same time, the right palm rotates inwards, moves upwards then to the right in an arc motion, and pushes to the right side of the body; the left palm rotates outwards, moves downwards and to the right in an arc motion and pushes to the side of the right rib section; look to the right palm's direction. (Figure 145)



图 145
Fig. 145

(6) 身体微左转，重心左移；右脚向右开步；同时，两掌向左前横推；目视左掌方向。（图 146）

(6) The body turns slightly to the left, shifts the body weight to the left; right foot steps to the right; at the same time, the two palms push horizontally to the left front; look to the left palm's direction. (Figure 146)

要点：以腰为轴带动两手在体前翻转拧裹立圆云拨，手高不过眉；云转推拨与下肢的插步、开步侧行协调配合。



Key Points: While executing the hand techniques, use the turning of the waist to initiate and guide the hand movements. The hand movements of rotating, turning, twisting and wrapping in front of the body should be in vertically circular motion. The level of the hand movements should not be higher than the eyebrows. The hand techniques of cloud waving, turning, pushing and parrying and the footwork of stepping sideward should be harmoniously well-coordinated.



图 146
Fig. 146

33. 掩手肱捶 Yǎn Shǒu Gōng Chuí

Strike with Concealed Fist

(1) 接上势，重心右移，上体右转；同时，左掌外旋向右划弧平摆，右掌内旋收至右胯旁；目视左掌。（图 147）

(1) Following the previous stance, shift the body weight to the right, the upper body turns to the right; at the same time, the left palm rotates outwards and swings horizontally to the right in an arc motion, the right palm rotates inwards and retracts to the side of the right hip section; look to the left palm. (Figure 147)



图 147
Fig. 147

(2) 身体微左转，重心左移；右脚蹬地，右腿屈膝提起，脚尖自然下垂；随即左腿屈膝下蹲，右脚下落踏地震脚，左脚提起；同时，右臂屈肘，右掌



变拳向上、向左、向下刁收；左掌与右拳在胸前相合落至腹前，左臂屈肘，左掌附于右前臂上；目视前方。（图 148—图 150）

(2) The body turns slightly to the left, shift the body weight to the left; the right foot pushes the ground, the right knee bends and raises up with the toes pointing down; following that, the left knee bends and squat, the right foot stamps on the ground, and the left foot raises up; at the same time, bend the right elbow, the right palm changes to fist, moves up, to the left then strikes down and retracts; the left palm and the right fist meet in front of the chest and both lower to the front of the abdomen, bend the left elbow and the left palm attaches to the right forearm; look to the front. (Figure 148 - Figure 150)



图 148
Fig. 148



图 149
Fig. 149



图 150
Fig. 150

（3）左脚向左前方铲出，身体左转，重心左移，左腿屈膝，左脚踏实；同时，上体微左转；右拳变掌，两掌划弧外分；随即重心稍右移，上体微右转；右臂屈肘，右掌变拳外旋收于右肋侧；左臂屈肘，左手外旋划弧置于左肩前，掌心向上，拇指和食指伸直，其余三指弯曲；目视左掌。（图 151—图 154）

(3) The left foot slides to the left front, the body turns to the left and shift the body weight to the left, the left knee bends and left foot stands firm; at the same time, the upper body turns slightly to the left; the right fist changes to palm, both palms separates in an arc motion; following that, the body weight shifts slightly to the right, the upper body turns slightly to the right; the right elbow bends, the right palm changes to fist and rotates outwards, retracts to the side of the right rib section; the left elbow bends, the left hand rotates outwards and swings in an arc motion to the front of the left shoulder with the palm facing up, the thumb and the



index finger straightened and the rest of the three fingers bend inwards; look to the left palm. (Figure 151 – Figure 154)



图 151
Fig. 151



图 152
Fig. 152



图 153
Fig. 153



图 154
Fig. 154

(4) 上体微右转再向左转，随即重心左移；右腿微屈；同时，左手回收顶肘发力，左掌掌心轻贴于左腹；右拳随转体内旋向右前方冲打发力，腕与胸平；目视右拳方向。（图 155）

(4) The upper body first turns slightly to the right then to the left, immediately shift the body weight to the left; the right leg bends slightly; at the same time, the left hand retracts and elbow jab forcefully, the left palm lightly touches on the left abdomen; the right fist, following the body turn, rotates inwards, and punches forcefully to the front right with the wrist at the chest level; look to the right fist's direction. (Figure 155)

要点：右臂内旋使拳由肋间向前冲打发力，力达拳面；左肘后顶发力，力达肘尖，冲拳与顶肘协调一致；快慢相间，刚柔相济。

Key Points: The right arm should rotate inwards to punch from the right rib section to the front, the force exerts on the face of the fist; the left elbow back-jab should exert the force on the tip of the elbow. The movements of the punch and



elbow jab should be well-coordinated and in unison, with regulating swiftness and slowness, balancing strength and gentleness.



图 155
Fig. 155

34. 揽雀尾 Lǎn Què Wěi

Grasp the Peacock's Tail

(1) 接上势，身体左转，左脚尖外摆；重心左移，右脚收至左脚内侧；同时，左掌向左划弧举于胸前；右拳变掌掌心翻转向上收于腹前，体前抱掌；目视左掌方向。（图 156、图 157）

(1) Following the previous stance, the body turns to the left, the left toes turn outwards; shift the body weight to the left, the right foot retracts to the inner side of the left foot; at the same time, the left palm moves to the left in an arc motion and raises to the front of the chest; the right fist changes to palm and rotates the palm facing up and retracts to the front of the abdomen and hold it; look to the left palm's direction. (Figure 156, Figure 157)



图 156
Fig. 156



图 157
Fig. 157

(2) 身体微右转；右脚向右前方上步，重心前移，成右弓步；同时，上体微左转；右臂向右前上方棚出，臂平屈成弓形，腕与肩平；左掌弧形按于左胯旁；目视左前方。（图 158、图 159）



(2) The upper body turns slightly to the right; the right foot steps to the front right, shift the body weight forward to form a right bow stance; at the same time, the upper body turns slightly to the left; the right arm bending horizontally in an arc shape, ward off towards the upper right front, with the wrist at the shoulder level; the left arm bending in an arc shape and presses at the side of the left hip; look to the left front. (Figure 158, Figure 159)



图 158
Fig. 158



图 159
Fig. 159

(3) 身体右转，重心右移；左脚收至右脚内侧；同时，右前臂内旋，掌心翻转向下；左前臂外旋，左掌由左向右划弧收于腹前，体前抱掌；目视右掌方向。（图 160）

(3) The body turns to the right; shift the body weight to the right; the left foot retracts to the inner side of the right foot; at the same time, the right arm rotates inwards, the palm flips to face down; the left arm rotates outwards, the left palm moves from the left to right in an arc motion to the front of the abdomen and hold it; look to the right palm's direction. (Figure 160)



图 160
Fig. 160



(4) 身体微左转；左脚向左侧方上步，重心前移，成左弓步；同时，上体左转；左臂向左前上方棚出，臂平屈成弓形，腕与肩平，腕与鼻尖相对；右手向右下落按于右胯旁；目视左前臂方向。（图 161—图 163）

(4) The body turns slightly to the left; the left foot steps to the left side, shifts the body weight forward to form left bow stance; at the same time, the upper body turns to the left; the left arm, bending horizontally in an arc shape, extend (ward off) towards the upper left front, with the wrist at the shoulder level, the wrist aligns with the tip of the nose; the right hand lowers and presses to the side of the right hip section; look to the left forearm's direction. (Figure 161- Figure 163)



图 161
Fig. 161



图 162
Fig. 162



图 163
Fig. 163

(5) 上体微左转；左手随即前伸翻掌向下，右手经腹前向上、向前伸至左前臂下方翻掌；然后上体右转，重心移至右腿；同时，两手下捋，经腹前向右后上方划弧，左臂平屈于右胸前；目视右掌方向。（图 164—图 167）

(5) The upper body turns slightly to the left; the left hand immediately extends forward and flips the palm facing down, the right hand moves past the front of the abdomen, upwards and extends forward to below of the left forearm, then flips the palm; following that, the upper body turns right, shift the body weight to the right leg; at the same time, both hands stroke (roll) downwards, then move past the front of the abdomen to the upper right rear in an arc motion, the left arm bends horizontally in front of the right chest; look to the right palm's direction. (Figure 164 - Figure 167)



图 164
Fig. 164



图 165
Fig. 165



图 166
Fig. 166



图 167
Fig. 167

(6) 上体微左转；右臂屈肘折回，右手附于左腕内侧；上体继续左转，重心前移；左腿屈膝前弓，成左弓步；同时，两臂向前挤出，腕与肩平；目视前方。（图 168、图 169）

(6) The upper body turns slightly to the left; fold the right arm and attaches the right hand to the inner side of the left wrist; the upper body continues to turns left, shift the body weight forward; the left knee bends and pushes forward to form a left bow stance; at the same time, both arms push to the front (squeeze), the wrists at the shoulder level; look to the front. (Figure 168, Figure 169)



图 168
Fig. 168



图 169
Fig. 169



(7) 左手翻掌，掌心向下，右手经左腕上方向前、向右伸出，高与左手齐，两手分开，与肩同宽；然后右腿屈膝，上体后坐，重心右移，左脚尖翘起；同时，两臂屈肘，两手经胸前回收按至腹前；目视前方。（图 170—图 172）

(7) The left palm flips and face down, the right hand extends to the front right from the top of the left wrist, at the same level as the left hand, then both hands separate at the shoulder width; following that, bend the right knee and the upper body shifts backwards, shift the body weight to the right, the left toes tilts up; at the same time, both elbows bend, both hands retract, past the front of the chest and press down to the front of the abdomen; look to the front. (Figure 170 –Figure 172)



图 170
Fig. 170

图 171
Fig. 171

图 172
Fig. 172

(8) 上势不停，重心前移，左腿屈膝前弓，成左弓步；同时，两手向上、向前推按，腕与肩平；目视前方。（图 173）

(8) Following the previous stance without stopping, shift the body weight forward, the left knee bends to form a left bow stance; at the same time, the two hands rise and push to the front with the wrists at the shoulder level; look to the front. (Figure 173)

要点：弓步棚臂呈弧形，腕与肩平；两手下捋沿弧形运行，下捋时重心后移，两腿虚实分明，上体保持中正；弓步前挤两臂向前撑圆，右掌附于左手腕内侧；两掌推按两臂沿立圆运行；弓步与棚臂、前挤、推按协调配合。

Key Points: In the bow stance ward off, the arm should be in a rounded posture and the wrist at the shoulder level; both hand downward stroke (roll) should follow an arc motion; during the downward roll, shift the body weight backwards, clearly distinguish between the two legs which is of force exertion and



which is not. The upper body should maintain centered and upright; in the bow stance forward squeeze, both arms should push forward in a horizontal circular motion, the right palm attaches at the inner side of the left wrist; the two palms push and press should follow a vertical circular motion; the movements of bow stance, ward off, forward squeeze and push-press should be well-coordinated.



图 173
Fig. 173

35. 十字手 Shí Zì Shǒu

Cross Hand

(1) 掌随转体向右平摆划弧，与左手成两臂侧平举；目视右掌方向。(图 174、图 175)

(1) Following the previous stance, shift the body weight to the right, the upper body turns to the right; the left toes turn inwards, the right toes turn outwards; at the same time, the right palm, following the body turn, swings horizontally to the right in an arc motion, aligns with the left hand to form a side leveling lift; look to the right palm's direction. (Figure 174, Figure 175)



图 174
Fig. 174



图 175
Fig. 175

(2) 重心左移，上体微左转；右脚尖内扣，随即向左收回，前脚掌落地，身体右转，随之全脚踏实，两脚间距与肩同宽；上体保持正直，身体重心落



于两腿之间，平行步屈蹲站立；同时，两掌向下经腹前向上划弧交叉合抱于胸前，两臂撑圆，腕与肩平；目视前方。（图 176—图 178）

(2) Shift the body weight to the left, the upper body turns slightly to the left; the right toes turn inwards, following that, retracts to the left with the front sole touching on the ground, the body turn right, following that, steps down with the full sole, the distance between the feet is shoulder width apart; the upper body maintains upright, the body weight rest in the center of the two legs, stand in half squat and the feet parallel to each other; at the same time, the two palms lower down, moves past the front of the abdomen and rises again in an arc motion, cross each other in a hugging manner at the front of the chest, with both arms rounded in posture and wrists at shoulder level; look to the front. (Figure 176 - Figure 178)

要点：平行步两掌交叉十字合抱于体前，两臂保持弧形，圆满舒适，沉肩坠肘。

Key Points: The technique of the crossed-hand hugging palm should have the arms maintained in a rounded posture, perfectly aligned and at ease, lower the shoulder and drop the elbows.



图 176
Fig. 176



图 177
Fig. 177



图 178
Fig. 178

36. 收势 Shōu Shì

Ending Position

(1) 接上势，两腿保持屈蹲；同时，两臂内旋，两掌翻转向下左右平行分举，腕与肩平，两掌间距与肩同宽；目视前方。（图 179）

(1) Following the previous stance, both legs maintain in half squat position; at the same time, both arms turn inwards, both palms flip and face down, and parted to the respective sides, holding them at the horizontal level, with the wrists



at the shoulder level, the distance between the two palms is as wide as the shoulder width; look to the front. (Figure 179)



图 179
Fig. 179

(2) 两腿由屈蹲逐渐自然直立; 同时, 两臂下落, 两掌下按落于大腿外侧; 目视前方。(图 180、图 181)

(2) Both legs gradually return to natural standing from the half squat position; at the same time, lower the two arms and the two palms press down to the respective sides of the thigh; look to the front. (Figure 180, Figure 181)



图 180
Fig. 180



图 181
Fig. 181

(3) 重心右移; 左脚提起向右脚并拢, 收至右脚旁, 前脚掌先着地, 随即全脚踏实, 并步站立; 目视前方。(图 182)

(3) Shift the body weight to the right; lift the left foot and closes in to side of the right foot, first lands with the front sole and follow with full sole stepping on the ground, standing with both feet together; look to the front. (Figure 182)

要点: 中正圆活, 轻灵沉稳, 平和自然, 无过不及。

Key Points: The movements should be centered, upright, curvy and agile, light and steady, calm and natural, without extremes or imbalances, and with precision and control.

太极拳套路动作图解
Movements Illustrations of Taijiquan Routine

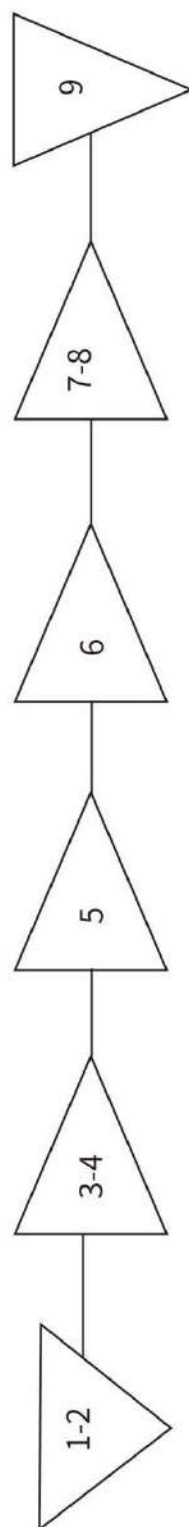


图 182
Fig. 182



四、太极拳套路动作运行路线示意图
Schematic of Movement Routes of Taijiquan Routine

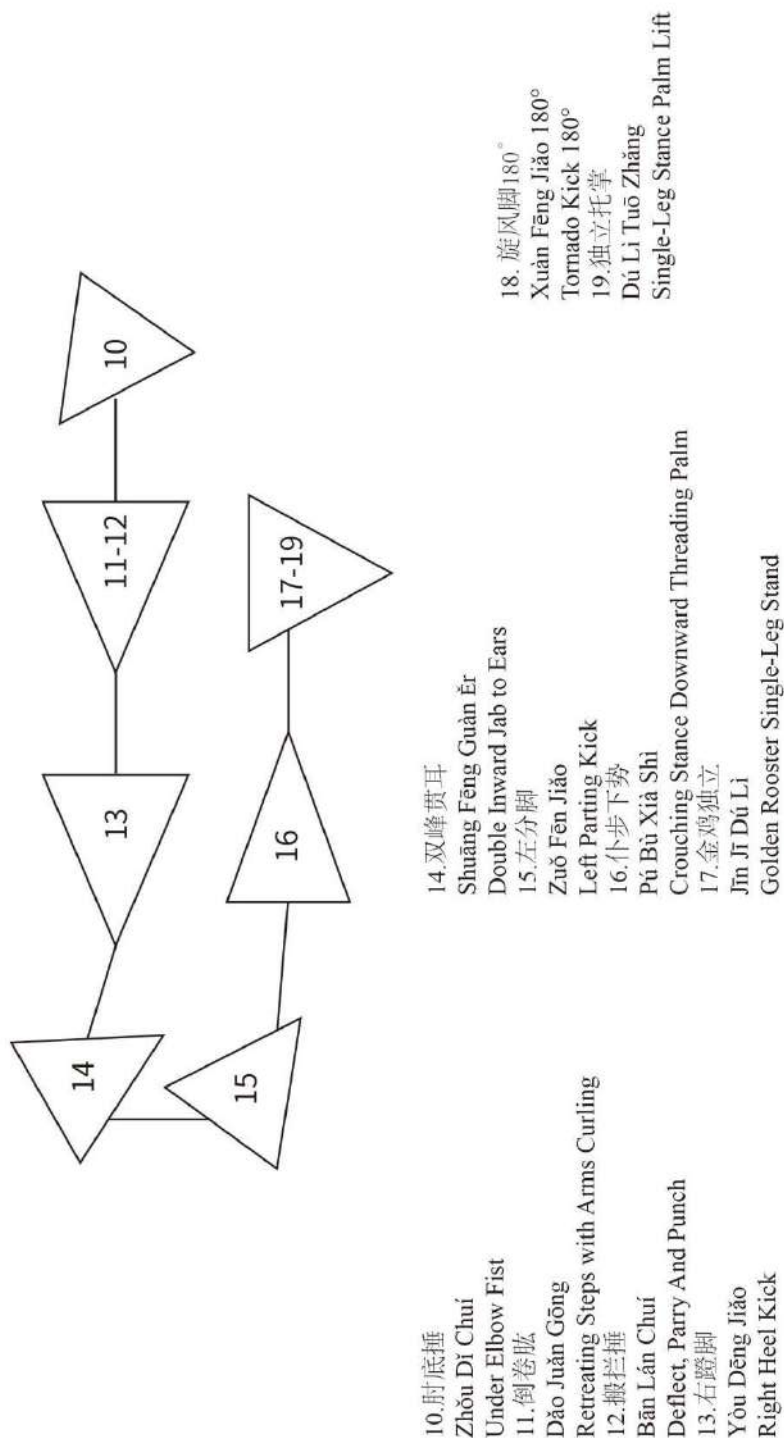
第一段
Section One



- | | | |
|---|--|--|
| 1. 起势
Qǐ Shì
Starting Position | 4. 白鹤亮翅
Bái Hè Liàng Chì
White Crane Spreading Wings | 7. 腾空飞脚
Téng Kōng Fēi Jiǎo
Jumping Front Slap Kick |
| 2. 揽雀尾
Lǎn Què Wěi
Grasp the Peacock's Tail | 5. 搂膝拗步
Lōu Xī Āo Bù
Brush Knee with Bent Step | 8. 腾空摆莲 360°
Téng Kōng Bǎi Lián 360°
Jumping Lotus Kick 360° |
| 3. 单鞭
Dān Biān
Single Whip | 6. 退步压肘
Tuì Bù Yā Zhǒu
Retreating Step Elbow Press | 9. 雀地龙
Què Dì Lóng
Hurdler's Split |



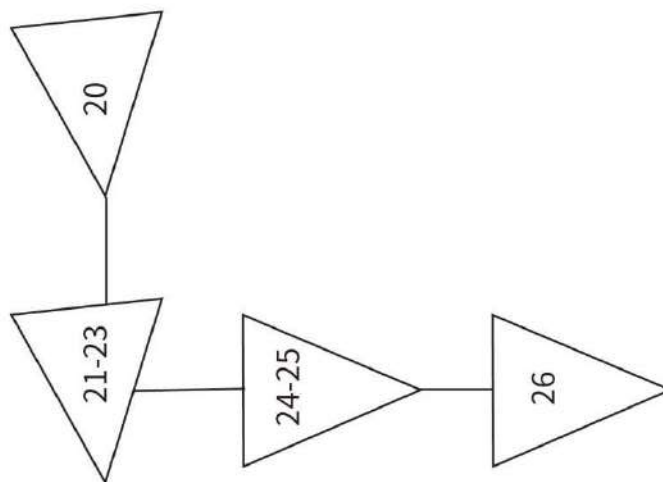
第二段
Section Two



太极拳套路动作运行路线示意图 Schematic of Movement Routes of Taijiquan Routine



第三段 Section Three

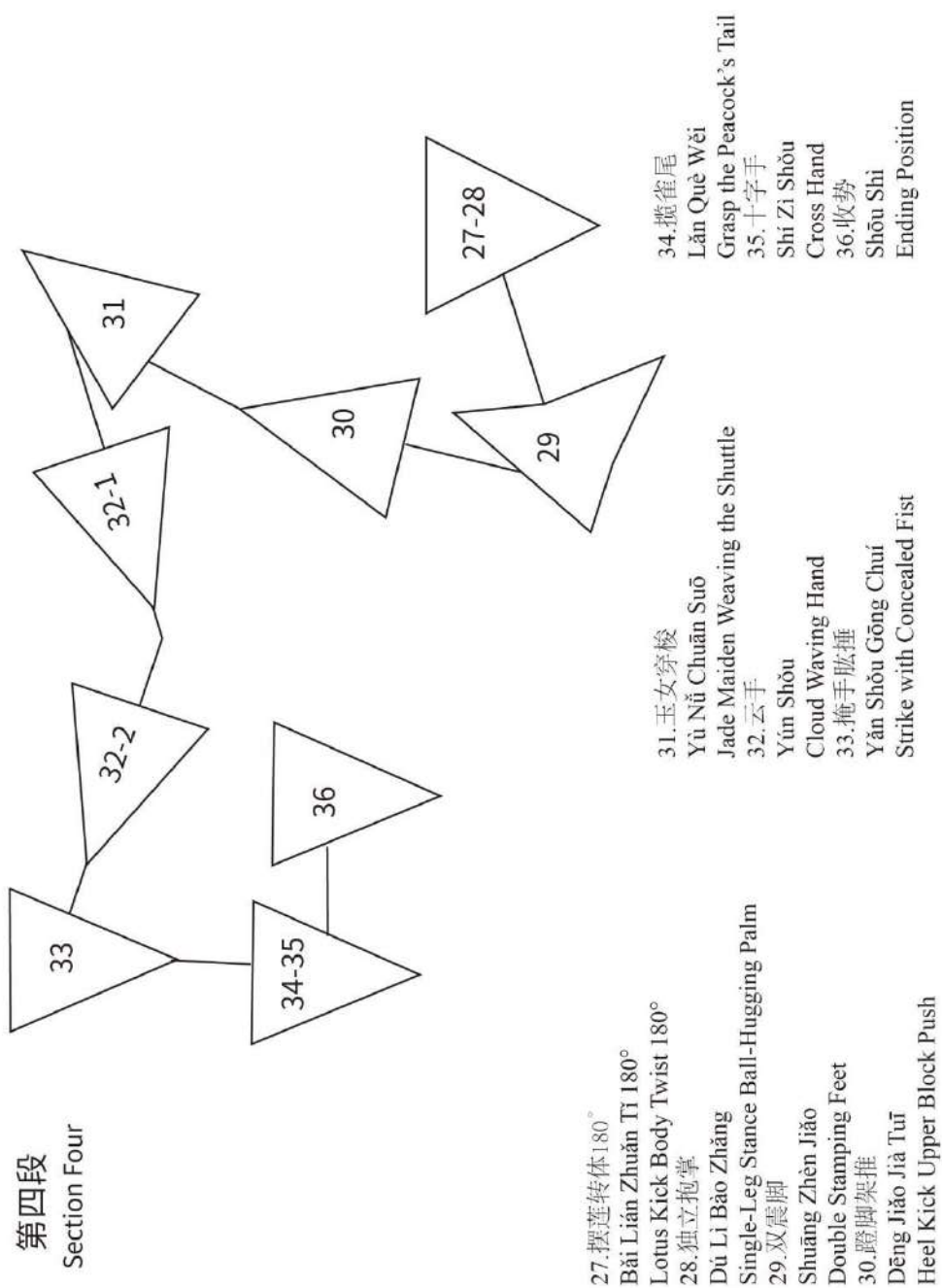


20. 指裆捶
Zhǐ Dāng Chuí
Groin Pointing Strike
21. 野马分鬃
Yě Mǎ Fēn Zōng
Part the Wild Horse's Mane
22. 海底针
Hǎi Dǐ Zhēn
Needle in the Sea Bottom

23. 闪通背
Shǎn Tōng Bèi
Flashing Out Arms
24. 提手上势
Tí Shǒu Shàng Shì
Hand Raise High Form

25. 白鹤亮翅
Bái Hè Liàng Chì
White Crane Spreading Wings
26. 后插腿低势平衡
Hòu Chā Tuǐ Dī Shì Píng Héng
Low Balance with Leg Crossed Behind

太极拳套路动作运行路线示意图 Schematic of Movement Routes of Taijiquan Routine



五、太极拳套路动作连续演示图

Continuous Demonstration Diagram of Movements for Taijiquan



图 1
Fig. 1



图 2
Fig. 2



图 3
Fig. 3



图 4
Fig. 4



图 5
Fig. 5



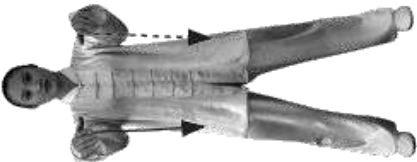


图 6
Fig. 6



图 7
Fig. 7



图 8
Fig. 8



图 9
Fig. 9



图 10
Fig. 10



图 15
Fig. 15



图 14
Fig. 14



图 13
Fig. 13



图 12
Fig. 12



图 11
Fig. 11



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 35
Fig. 35



图 34
Fig. 34



图 33
Fig. 33



图 32
Fig. 32



图 31
Fig. 31

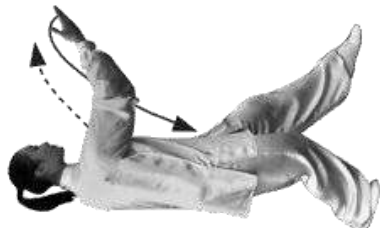


图 36
Fig. 36



图 37
Fig. 37



图 38
Fig. 38



图 39
Fig. 39

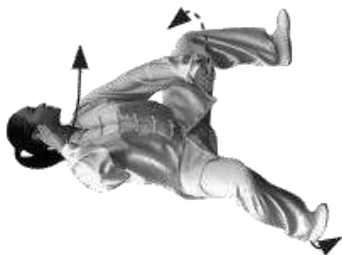


图 40
Fig. 40



图 41
Fig. 41



图 42
Fig. 42



图 43
Fig. 43



图 44
Fig. 44



图 45
Fig. 45



图 50
Fig. 50



图 49
Fig. 49



图 48
Fig. 48



图 47
Fig. 47



图 46
Fig. 46



图 55
Fig. 55



图 54
Fig. 54

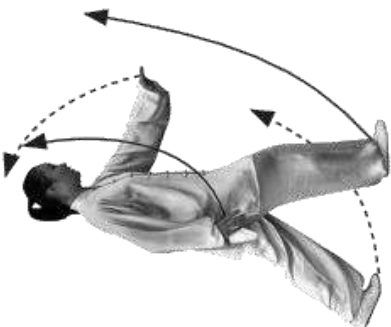


图 53
Fig. 53



图 52
Fig. 52

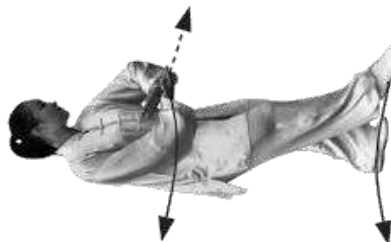


图 51
Fig. 51

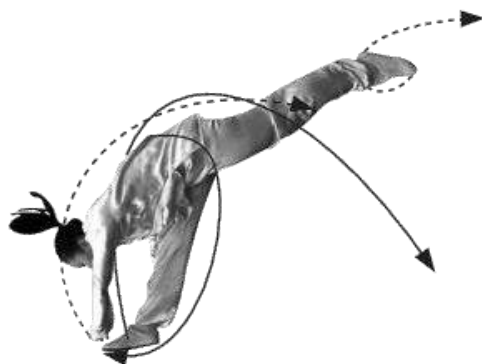


图 56
Fig. 56



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

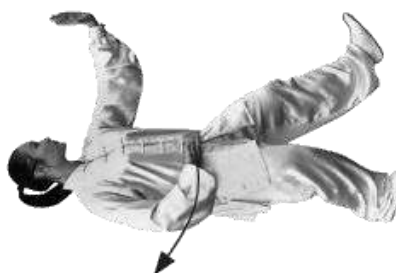


图 62
Fig. 62



图 61
Fig. 61



图 66
Fig. 66



图 67
Fig. 67



图 68
Fig. 68

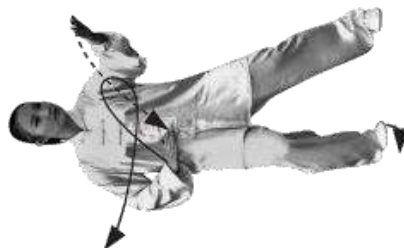


图 69
Fig. 69



图 70
Fig. 70



图 71
Fig. 71



图 72
Fig. 72



图 73
Fig. 73

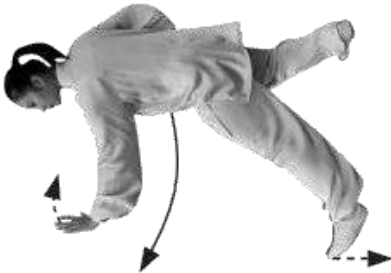


图 74
Fig. 74



图 75
Fig. 75



图 76
Fig. 76



图 77
Fig. 77



图 78
Fig. 78



图 79
Fig. 79

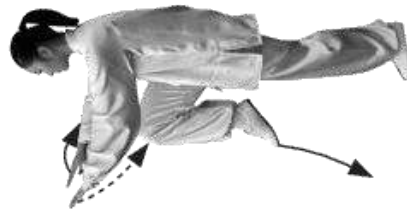


图 80
Fig. 80



图 81
Fig. 81

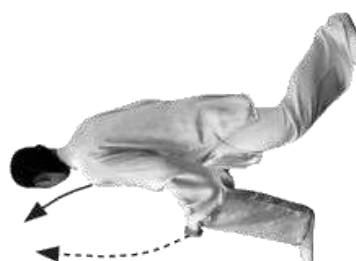


图 82
Fig. 82



图 83
Fig. 83



图 84
Fig. 84



图 85
Fig. 85

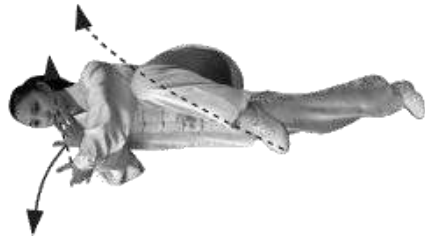


图 86
Fig. 86

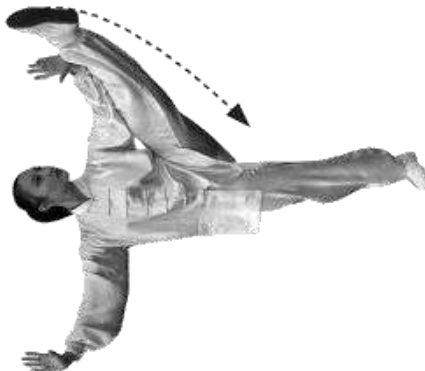


图 87
Fig. 87

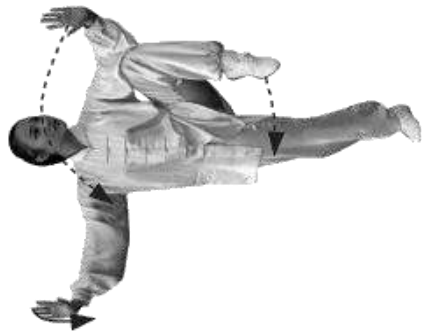


图 88
Fig. 88

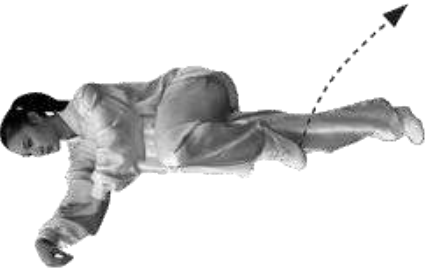


图 89
Fig. 89



图 90
Fig. 90



图 91
Fig. 91



图 92
Fig. 92



图 93
Fig. 93



图 94
Fig. 94



图 95
Fig. 95



图 100
Fig. 100



图 99
Fig. 99

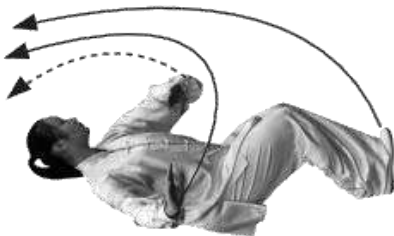


图 98
Fig. 98



图 97
Fig. 97



图 96
Fig. 96

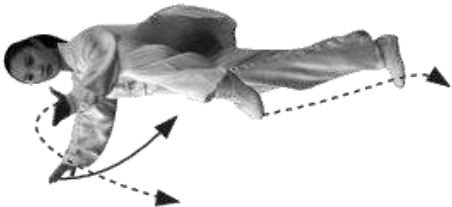


图 101
Fig. 101



图 102
Fig. 102



图 103
Fig. 103



图 104
Fig. 104



图 105
Fig. 105



图 106
Fig. 106



图 107
Fig. 107



图 108
Fig. 108



图 109
Fig. 109



图 110
Fig. 110



图 115
Fig. 115



图 114
Fig. 114



图 113
Fig. 113



图 112
Fig. 112



图 111
Fig. 111



图 116
Fig. 116



图 117
Fig. 117



图 118
Fig. 118



图 119
Fig. 119



图 120
Fig. 120



图 125
Fig. 125



图 124
Fig. 124



图 123
Fig. 123



图 122
Fig. 122

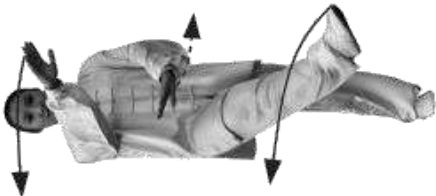


图 121
Fig. 121

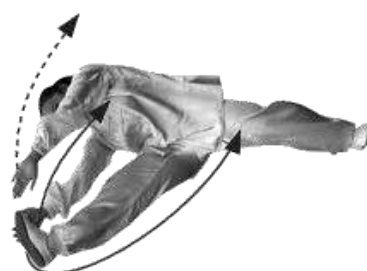


图 126
Fig. 126

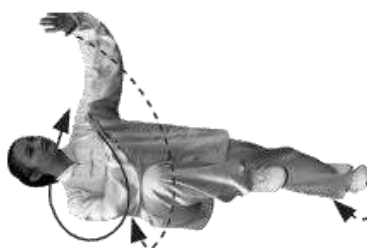


图 127
Fig. 127



图 128
Fig. 128



图 129
Fig. 129

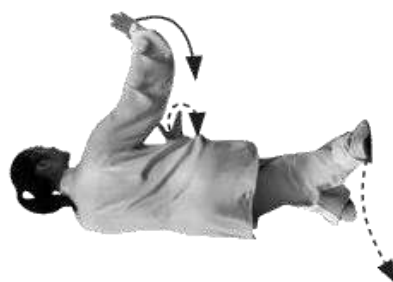


图 130
Fig. 130



图 135
Fig. 135



图 134
Fig. 134



图 133
Fig. 133



图 132
Fig. 132



图 131
Fig. 131



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

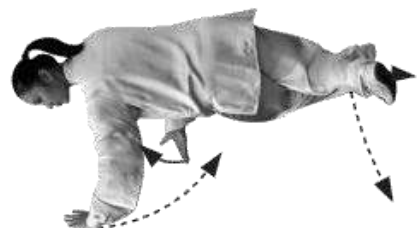


图 141
Fig. 141



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 160
Fig. 160



图 159
Fig. 159



图 158
Fig. 158



图 157
Fig. 157



图 156
Fig. 156



图 161
Fig. 161



图 162
Fig. 162



图 163
Fig. 163



图 164
Fig. 164



图 165
Fig. 165



图 166
Fig. 166



图 167
Fig. 167



图 168
Fig. 168



图 169
Fig. 169



图 170
Fig. 170



图 171
Fig. 171



图 172
Fig. 172



图 173
Fig. 173



图 174
Fig. 174



图 175
Fig. 175



图 180
Fig. 180



图 179
Fig. 179



图 178
Fig. 178



图 177
Fig. 177



图 176
Fig. 176



图 182
Fig. 182



图 181
Fig. 181

