



DAKAR
2026



YOUTH
OLYMPIC
GAMES

第三套国际武术竞赛套路

3rd International Wushu Competition Routine

国际武术联合会审定

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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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国际武术联合会

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前言 Preamble

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

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

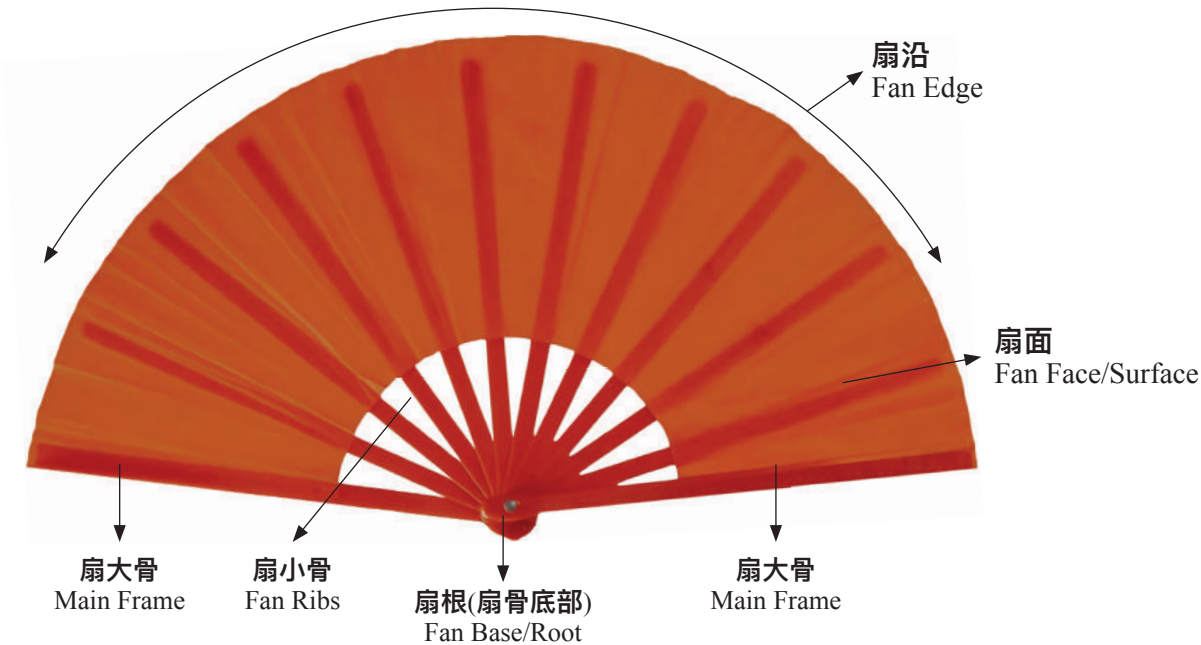
为助力全球武术健儿备战青奥武术盛会，加速构建武术运动的国际标准化体系，国际武术联合会对标青奥会武术竞赛项目，对长拳、棍术、太极拳和太极扇四个比赛套路，采用国际化视角组织编译了“青奥武术系列中英双语教材”，力求成为全球各国和地区武术教练员精准施训、裁判员准确执裁和习练者精进技艺的权威指南与重要参考。

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

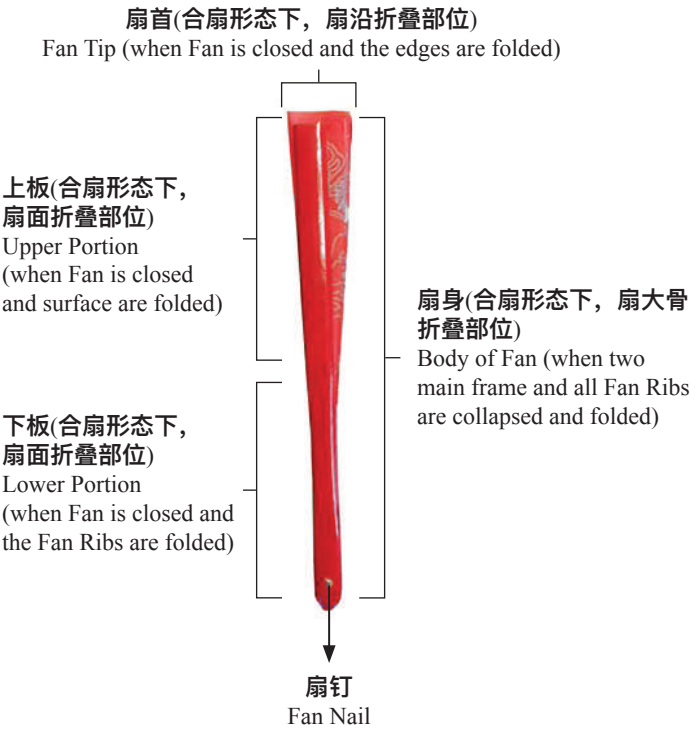
让我们共同期待2026年达喀尔青奥会，期待武术在奥林匹克舞台上绽放异彩！

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

开扇状态
When Fan is opened



合扇状态
When Fan is closed



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一、太极扇套路简介 Introduction of Taijishan Routine

第三套国际武术竞赛套路——太极扇(40式)是在第三套国际武术竞赛套路——太极拳和太极剑套路的基础上,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。

该套路内容充实,动作多样,难度适中,编排新颖,结构紧凑。全套动作中规中矩,转换合顺,它既体现了中正圆活,动静有序,快慢相间,刚柔相济的太极拳运动特点,也展示了太极扇的基本特征。

The 3rd International Wushu Competition Routine – Taijishan (40-Form), was created and designed based on foundation of the routines from the 3rd International Wushu Competition Routines – Taijiquan and Taijishan. It strictly adheres to the principles and trends of technical development of Wushu routines and the requirements of competition.

The routine has a rich content as well as featuring a substantial variety of movements and is of moderate level of difficulty. Its choreography is unique with a compact structure. The movements of the entire routine conform to the standardized practices with smooth transitions. These movements not only captured the characteristics of Taijiquan's movements of being centered, upright and flexible, exhibiting sequential dynamic movements and still poses, with regulating swiftness and slowness yet balancing strength and gentleness, they also demonstrated the fundamental characteristics of Taijishan's techniques.



二、太极扇套路动作名称 Movement Names of Taijishan Routine

预备势

Yù Bèi Shì

Ready Position

第一段

Section One

1. 起势

Qǐ Shì

Starting Position

2. 震脚捧扇

Zhèn Jiǎo Pěng Shàn

Stamp Feet Upholding Fan

3. 侧弓步持扇

Cè Gōng Bù Chí Shàn

Side Bow Stance Holding Fan

4. 跟步插扇

Gēn Bù Chā Shàn

Follow-up Step Downward

Reversed Fan Thrust

5. 跟步抛接扇

Gēn Bù Pāo Jiē Shàn

Follow-up Step Toss & Catch Fan

6. 提膝穿扇

Tí Xī Chuān Shàn

Single Knee Raised

Threading Fan

7. 弓步刺扇

Gōng Bù Cì Shàn

Bow Stance Fan Thrust

8. 虚步撩扇

Xū Bù Liāo Shàn

Empty Stance Fan Uppercut

9. 上步扫扇

Shàng Bù Sǎo Shàn

Advancing Step Sweeping Fan

10. 提膝下刺扇

Tí Xī Xià Cì Shàn

Single Knee Raised Downward

Fan Thrust

11. 退步抽扇

Tuì Bù Chōu Shàn

Retreating Step Withdraw Fan

12. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

13. 腾空摆莲360°

Téng Kōng Bǎi Lián

Jumping Lotus Kick 360°

14. 跌叉开扇

Diē Chā Kāi Shàn

Hurdler's Split With Fan Opening

太极扇套路动作名称
Movement Names of Taijishan Routine



第二段

Section Two

15. 跟步开扇
Gēn Bù Kāi Shàn
Follow-up Step Fan Opening
16. 转身反持扇
Zhuǎn Shēn Fǎn Chí Shàn
Body Turn Reverse Fan Grip
17. 歇步压扇
Xiē Bù Yā Shàn
Cross-legged Crouching Stance
Fan Press
18. 进步绞扇
Jìn Bù Jiǎo Shàn
Forward Step Fan Enveloping
19. 弓步推扇
Gōng Bù Tuī Shàn
Bow Stance Fan Push
20. 提膝上刺扇
Tí Xī Shàng Cì Shàn
Single Knee Raised Upward
Fan Thrust
21. 旋风脚180°开扇
Xuàn Fēng Jiǎo 180° Kāi Shàn
Tornado Kick 180° Fan Opening
22. 提膝抱扇
Tí Xī Bào Shàn
Single Knee Raised Fan
Ward-off With Arms Embraced

第三段

Section Three

23. 左右挂扇
Zuǒ Yòu Guà Shàn
Left & Right Fan Hooking Parry
24. 虚步点扇
Xū Bù Diǎn Shàn
Empty Stance Fan Pointing
25. 蹬脚架扇
Dēng Jiǎo Jià Shàn
Heel Kick With Fan Upper Block
26. 后插腿低势平衡开扇
Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn
Fan Opening and Low Balance
With Leg Crossed Behind
27. 提膝转体180°合扇
Tí Xī Zhuǎn Tǐ 180° Hé Shàn
Single Knee Raised Body Turn
180° Close Fan
28. 提膝持扇
Tí Xī Chí Shàn
Holding Fan With Single
Knee Raised
29. 弓步劈扇
Gōng Bù Pī Shàn
Bow Stance Fan Chop

太极扇套路动作名称
Movement Names of Taijishan Routine



第四段

Section Four

30. 云扇

Yún Shàn

Vertical Fan Circling/Waving

31. 翻身跳劈扇

Fān Shēn Tiào Pī Shàn

Turn Over Jumping Fan Chop

32. 提膝开扇

Tí Xī Kāi Shàn

Single Knee Raised Fan Opening

33. 马步肩靠

Mǎ Bù Jiān Kào

Horse Stance Shoulder Knock

34. 震脚劈扇

Zhèn Jiǎo Pī Shàn

Stamp Feet Fan Chop

35. 插步开扇

Chā Bù Kāi Shàn

Back Crossed Step Fan Opening

36. 马步刺扇

Mǎ Bù Cì Shàn

Horse Stance Fan Thrust

37. 跟步横击扇

Gēn Bù Héng Jī Shàn

Follow-up Step Horizontal

Fan Strike

38. 行步抹扇

Xíng Bù Mǒ Shàn

Arc-advancing Step Fan Wipe

39. 仆步捧扇

Pū Bù Pěng Shàn

Crouching Stance Upholding Fan

40. 收势

Shōu Shì

Ending Position



三、太极扇套路动作图解 Movements Illustrations of Taijishan Routine

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，两手轻贴于两腿外侧：右手掌心向内，左手持扇（合扇），竖直贴靠前臂；目视前方。（图 1）

Both feet stand naturally upright and together; head and neck erect, chin slightly tucked; chest and abdomen relaxed, spine gently extended; shoulders and arms relaxed with hands lightly touching outer thighs: right palm facing inward, left hand holding the closed fan with palm facing backward, main frames vertically aligned against the forearm; look to the front. (Figure 1)

要点：唇齿轻合，舌抵上颚；虚领顶劲，气沉丹田，关节松活；精神内敛，呼吸自然。持扇时两扇骨完全重叠，扇身保持竖直。

Key Points: Close lips gently with tongue touching palate; suspend the crown while sinking qi (vital energy) to dantian (vital energy reservoir-roughly 2 fingers below the navel), joints relaxed; focus inwardly with natural breathing. Hold the closed fan with main frames aligned vertically and overlapping.



图 1
Fig. 1



第一段 Section One

1. 起势 Qǐ Shì Starting Position

(1) 接上势, 重心微下沉右移, 左脚向左开步; 随即重心落于两腿之间, 成平行步, 两脚内侧间距与肩同宽; 目视前方。(图 2)

(1) From the previous stance, lower body gravity slightly rightward while left foot open a step to the left, then immediately shift the center of gravity between both legs into a parallel stance (inner feet shoulder width apart); look to the front. (Figure 2)

(2) 两臂前举至腕与肩平, 与同肩宽, 掌心向下; 目视前方。(图 3)

(2) Raise both arms forward to shoulder height and shoulder width apart, palms facing down with elbows lower than wrists and shoulders, Look to the front. (Figure 3)



图 2
Fig. 2



图 3
Fig. 3



(3) 上体保持中正, 两腿屈膝松胯半蹲; 同时, 两掌下按至腹前, 双肘松沉; 目视前方。(图4)

(3) Maintain upright posture while bending both knees into a relaxing half-squat, hips loosen. Simultaneously, lower both palms to abdomen level with elbows relaxed, look to the front. (Figure 4)



图 4
Fig. 4

要求: 立身中正; 两臂前举时, 以腕领劲; 按掌时, 掌指自然舒展, 掌心微含; 气沉丹田, 松静自然。

Key Points: Keep the body upright; utilize the wrist to lead the arms to raise upwards. When pressing palms, keep fingers naturally extended with slight palm concavity. sink vital energy to dantian (two inches below navel) while staying relaxed and composed.



2. 震脚捧扇 Zhèn Jiǎo Pěng Shàn Stamp Feet Upholding Fan

(1) 接上势，上体微左转；左手内旋、右手外旋，两臂呈弧形向左前上方托起，掌心向上；随即，身体右转，重心移至左腿，右脚以脚跟为轴外摆约90°；同时，左手外旋、右手内旋，随身体右转水平划弧，掌心向右；目先随右手再转视左前方。(图 5)

(1) Following the previous stance, turn the body slightly to the left, left hand rotates inward, the right hand rotates outward, both arms rounded, bend slightly and form an arc, rise to the left front with the palms facing upwards; following that, the body turns right, shift the body's gravity to the left leg, the right foot, using the heel as the rotational axis, turn 90°outwards; at the same time, following the body's right turn, left hand rotates outwards and right hand rotates inwards in front of the body and horizontally stroke to the right in a curve motion with the palms facing right; the vision first follows the right hand, then turn to look to the left front. (Figure 5)



图 5
Fig. 5

(2) 重心移至右腿；左腿屈膝提起，收至右脚内侧后向左前方贴地铲出；同时，双手屈收后再向右撑展；随即，重心微前移，身体微右转，左脚踏实，成右半马步；同时，右手接扇在右胯旁平开扇，扇沿向前，左手向左前划弧至腹部左前方；目视前方。(图 6-9)

(2) Shift the body's gravity to the right leg; lift the left leg with the knee bent and retract to the inner side of the right foot, the left heel then immediately glides along the ground to the left front; at the same time, both hands first retract and then extend and expand to the right; following that, shift the body's gravity forward, turn the body slightly to the right, the left foot steps fully on the ground and form a Right



Semi-Horse Stance; at the same time, the right hand takes over the fan and open the fan horizontally at the side of the right hip with the edge of the fan pointing to the front, the left hand moves in an arc motion to the left front of the abdomen; look to the front. (Figures 6–9)



图 6
Fig. 6



图 7
Fig. 7



图 8
Fig. 8



图 9
Fig. 9

(3) 左脚外摆, 重心前移, 右脚向前上步成虚步; 同时, 右手持扇 (合扇), 随身体向下、向前撩出, 左手附于右前臂内侧; 右脚提膝, 右手持扇 (合扇) 继续向上撩至胸前屈肘, 左手由下、向上经右手肘内侧下按至腹前; 随即, 右脚下落踏地震脚; 左手在腹前外旋, 掌心向上, 右手持扇 (合扇) 立扇下落, 砸击左掌心; 目视前方。(图 10–12)

(3) Turn the left foot outward, shift body's gravity forward, step the right foot forward into an Empty Stance; Simultaneously, the right hand closes the fan, following the momentum of the weight shift, execute an uppercut to the front, while the left hand rests against the inside of the right forearm; lift the right knee, the right hand (holding the closed fan) continues the uppercut to chest level, then bend the elbow, while the left hand moves upward from below, passes through the inner side of the right elbow, and presses down in front of the abdomen; Immediately follow by lowering the right foot to stamp firmly on the ground; simultaneously, rotate the left hand outward at the abdomen front, palm facing up, while the right hand lowers the vertically upright fan to strike its base onto the left palm; eyes look forward. (Figures 10–12)



图 10
Fig. 10



图 11
Fig. 11



图 12
Fig. 12

要求: 两臂动作须与转腰移重心相随; 开扇快速有力, 两根扇骨成一直线; 震脚时, 屈膝松胯, 气沉丹田, 震脚与砸击掌心协调一致。

Key Points: Arm movements must coordinate with waist rotation and weight shift; opening of fan should be swift and powerful with both main frame straightly aligned. When stamping, relax the hips and bend the knees while sinking qi (vital energy) to the dantian (two inches below the navel), ensuring foot stamp and palm strike perfectly synchronized.

3. 侧弓步持扇 Cè Gōng Bù Chí Shàn Side Bow Stance Holding Fan

(1) 接上势, 重心微向左移, 右脚向右前方上步, 随即左脚收至右脚内侧; 同时, 右手持扇 (合扇) 由下向右、向上划弧至额前上方开扇, 扇沿向左, 左手由下向上、向左划弧收至腰间; 目视前方。(图 13)

(1) Following the previous stance, shift the body's gravity slightly leftward, then step the right foot forward to the right; then immediately retract the left foot to the inner side of the right foot. Simultaneously, the right hand (holding the closed fan) draws an arc downward to the right, then upward again to open the fan above the forehead with the fan edge facing left, while the left hand arcs upward and leftward to rest at the waist; Look to the front. (Figure 13)



图 13
Fig. 13

(2) 重心移至右腿, 左脚向左侧铲出; 同时, 右手持扇(开扇)经体前向右划弧至右胯后侧, 扇面向后, 扇沿向上; 左手内旋立掌前推; 目视前方。(图 14)

(2) Shift body's gravity to the right leg as the left foot glides outward to the left. Simultaneously, the right hand (holding the opened fan) arcs across the front of the body to the rear right, tucking it behind the right hip with the fan face facing backward and the fan edge facing upward. The left hand rotates inward to form a vertical palm and pushes forward. Eyes look to the front. (Figure 14)



图 14
Fig. 14



(3) 重心移至左腿, 身体微左转; 同时, 右手持扇(开扇)由身后向右提起, 随即, 外旋向前、向左平带至左臂内侧, 扇沿向上; 左手由右向下、向左随体转于腹前变勾手搂膝提至左侧; 腕与肩平; 目视前方。(图 15)

(3) Shift the body's gravity to the left leg and turn the torso slightly left. Simultaneously, The right hand lifts the fan upward (fan opened) to the right from behind the body, then rotates outward to draw it horizontally leftward to the inside of the left arm, with fan edge facing up; The left hand moves from the right down to the left following the turn, forming a hook hand at abdomen level, brush across the knee and lift it to left shoulder height. Eyes look to the front. (Figure 15)



图 15
Fig. 15

(4) 重心微下沉, 成侧弓步; 同时, 身体微右转, 右手持扇(开扇)内旋随身体向右平带至右胸前, 随即外旋立扇, 扇骨贴于前臂, 扇沿向上; 左手成勾手置于左侧, 勾尖向下, 腕与肩平; 目视扇前方。(图 16-17)

(4) Sink the body's gravity slightly and form a side bow stance. Simultaneously, turn the body slightly to the right. The right hand (holding opened fan) rotates inward and shifts horizontally rightward at chest level following the turn. The forearm then immediately rotates outward to erect the fan vertically (Main frame flush against forearm, fan edge pointing up), The left hook hand remains at shoulder height (hook tip pointing down), look to the front and in the direction of the fan. (Figures 16-17)



图 16
Fig. 16



图 17
Fig. 17



要求: 开扇快速有力; 以腰为轴带动双臂在体侧缠绕; 定势时, 沉肩坠肘、松腕与转腰合胯下沉协调一致。

Key Points: Execute fan opening with swift, powerful motion, Lead the arms movements with waist rotation to create coiling action, Final posture requires: Shoulders sunk, elbows dropped, wrists relaxed and well-coordinated with waist turning and hip settling.

4. 跟步插扇 Gēn Bù Chā Shàn

Follow-up Step Downward Reversed Fan Thrust

接上势, 重心移至右腿, 屈膝半蹲; 左脚收至右脚后侧, 前脚掌着地, 成跟步; 同时, 右手持扇(开扇)经额前上方, 左手勾手变掌与右手合于左肩, 随即向右下插按, 扇沿向下, 左掌按于右腕; 目先随右手后转视扇前方。(图 18)

Following the previous stance, shift the body's gravity to right leg in half-squat position; Retract the left foot to the rear of the right foot with only the forefoot touching the ground, forming a Follow-up Step, right hand arcs (with fan opened) pass the forehead, left hook transforms to palm and joins right hand at right shoulder, then both hands thrust diagonally downwards to the lower right with the fan edge pointing down, left palm presses on the right wrist. Eyes first follow right hand movement then focus to the front of the fan's direction. (Figure 18)



图 18
Fig. 18

要求: 立身中正, 力达扇沿, 上下相随, 协调一致。

Key Points: Maintain upright posture, exert power at fan's edge, synchronize upper and lower body movements, achieve full-body coordination.



5. 跟步抛接扇 Gēn Bù Pāo Jiē Shàn Follow-up Step Toss & Catch Fan

接上势, 步型不变; 同时, 右手持扇(开扇)向上抛起, 顺时针旋转360°后接扇; 目随扇动。(图 19-20)

From the previous stance, maintain the same stance and toss the opened fan upward with the right hand, catch after 360° clockwise rotation. Eyes follow the fan movement. (Figures 19-20)



图 19
Fig. 19



图 20
Fig. 20

要求: 抛接时扇面完全展开, 两扇大骨呈180°, 完成360°旋转后接扇。

Key Points: Fan must be fully open during the toss/catch (main frame fully open at 180°) and complete a 360° rotation before catching.

6. 提膝穿扇 Tí Xī Chuān Shàn Single Knee Raised Threading Fan

(1) 接上势, 步型不变, 身体微右转; 同时, 右手持扇(开扇)外旋收至腰间, 左手经右手上方裹抱, 掌心向下; 目视扇前方。(图 21)

(1) From the previous stance, maintain same stance with a slight right turn of the torso. At the same time, the right hand rotates outward to retract the fan to the waist (with the fan opened), left hand passes above right hand in wrapping and embracing manner with the palm facing down, look towards the fan direction. (Figure 21)



图 21
Fig. 21

(2) 重心上移, 右腿微屈站立, 左腿屈膝提起, 脚尖下垂, 成提膝独立; 同时, 右手持扇(开扇)内旋向右前平穿, 扇沿向外, 高与肩平, 左手按于左胯旁, 目视扇前方。(图 22)

(2) Raise body's gravity, bend the right leg slightly and stand firm, bend and lift up the left knee, with toes pointing down, forming a Single Knee Raise; Simultaneously: Right hand (with opened fan) rotates inward and thrust the fan horizontally to the front right, with the edge of the fan pointing outward at shoulder height, Left hand presses beside left hip. Look towards the fan direction. (Figure 22)



图 22
Fig. 22

要求: 右腿稳固站立, 左脚脚尖不可触地; 提膝高过腰, 力达扇沿, 提膝与穿扇协调一致。

Key Points: Right leg maintains stable stance, left toes remain off ground, Raised knee must be above waist level, exert power at fan's edge, synchronize knee raise with fan thrust.



7. 弓步刺扇 Gōng Bù Cì Shàn Bow Stance Fan Thrust

(1) 接上势, 重心不变, 右手持扇(开扇)旋腕合扇, 左手由下向右上划弧合于右臂内侧; 随即重心下沉, 身体左转, 左脚向左前方上步, 脚跟着地; 左掌继续下按至腹前, 目视扇前方。(图 23)

(1) From previous stance, maintain the same gravity, right hand (with fan opened) rotates the wrist to close the fan, left hand arcs downward to the upper right and positioned at the inner side of the right arm. Following that, sink the body's gravity and turn the body to the left, move the left foot forward to the front left, with the heels touching the ground. Left hand continues to press down to the front of the abdomen. Look towards the fan direction. (Figure 23)



图 23
Fig. 23

(2) 重心左移, 左脚尖外摆; 随即右脚向左前方上步, 成弓步; 同时, 右手持扇(合扇)从腰间向前平刺, 左手由下向左弧形外撑, 腕略高于肩, 掌心向外; 目视右手前方。(图 24、图 24 附图)

(2) Shift the body's gravity leftward while turning left toes outward, then step right foot forward to the front left and form a Bow Stance. Simultaneously, thrust the closed fan horizontally forward from waist with right hand while left hand arcs leftward from below and prop out, wrist slightly above shoulder height with palm facing outward. Eyes focus ahead on the direction of the right hand. (Figure 24, Figure 24 Alternate View)



图 24
Fig. 24



图 24 附图
Fig. 24 Alternate View



要求: 刺扇时臂与扇身成一直线, 力达扇骨顶端。

Key Points: During the fan thrust, the arm and fan must maintain straight alignment with power penetrating through the tip of the fan's main frame.

8. 虚步撩扇 Xū Bù Liāo Shàn Empty Stance Fan Uppercut

(1) 接上势, 重心后移, 右脚尖外摆; 同时, 右手由右向上、向左划弧, 与左手相合于腰间; 目视右脚前方。(图 25、图 25 附图)

(1) From the previous stance, shift body's gravity backward, turn the right toes outward. Simultaneously, right hand arcs upward from right to left to meet the left hand at waist level. Eyes focus ahead in the direction of the right foot. (Figure 26, Figure 26 Alternate View)



图 25
Fig. 25



图 25 附图
Fig. 25 Alternate View

(2) 重心移至右脚, 身体右转, 左脚向左前方上步, 成虚步; 同时, 右手持扇 (合扇) 扣腕, 经腰间由下向前上方撩击, 架于右额上方, 扇首略低于腕, 左掌指贴附右前臂内侧; 目视扇首前方。(图 26、图 26 附图)

(2) Shift body's gravity to right leg, turn the body to the right, then step left foot forward to the front left and form an Empty Stance. Simultaneously, the right hand flexes the wrist to uppercut the closed fan from the waist to the upper front and block above the right forehead, with the fan tip slightly below wrist, left fingers adhering to the inner side of the right forearm. Focus on the direction of the fan tip. (Figure 26, Figure 26 Alternate View)



图 26
Fig. 26



图 26 附图
Fig. 26 Alternate View

要求: 撩扇贴身呈立圆, 力达上板; 撩扇与上步动作协调一致。

Key Points: The fan uppercut must follow a vertical and circular path close to the body with power reaching the upper portion of the fan's body, while maintaining perfect coordination between the uppercut and forward stepping movements.

9. 上步扫扇 Shàng Bù Sǎo Shàn Advancing Step Sweeping Fan

接上势, 左脚上步重心前移, 随即右脚上步成右弓步; 同时, 右手持扇 (合扇) 向右、向下、向左平扫至右膝内侧开扇, 扇沿向左, 扇面略低于膝, 左掌附于右前臂内侧; 目视右脚前方。(图 27-28)

Following the previous stance, step the left foot forward and shift the body's gravity forward, then immediately step the right foot forward into a Right Bow Stance. Simultaneously, the right hand sweeps the closed fan horizontally to the right, then downward, and to the left till the inner side of the right knee and then opens it with the fan edge pointing to the left, fan surface slightly below knee, while left fingers maintain contact with inner right forearm. Focus remains onto the front direction of the right foot. (Figures 27-28)



图 27
Fig. 27



图 28
Fig. 28

要求: 左右上步连贯流畅, 上步与开扇平扫协调一致; 开扇快速有力, 力达扇沿;

Key Points: The left-right advancing steps must be fluent and continuous, maintaining perfect synchronization between stepping forward and fan-sweeping motions. Open the fan powerfully, channels power through the fan's edge.

10. 提膝下刺扇 Tí Xī Xià Cì Shàn

Single Knee Raised Downward Fan Thrust

(1) 接上势, 重心微后移; 同时, 右手持扇(开扇)由下向左、向上、向右立圆划弧, 在额前上方合扇, 随即收至右腰间, 左掌指附于右前臂随右手划弧; 目视前方。(图 29)

(1) From the previous stance, shift the body's gravity slightly backward while the right hand arcs the opened fan in a vertical circle from the left, upwards and then to the right, and close it above the forehead, then follow by retracting it to the right waist immediately, left fingers maintain contact with right forearm throughout the movement. Look to the front. (Figure 29)



图 29
Fig. 29



(2) 重心移至右脚站立, 左腿屈膝提起, 成提膝独立; 同时, 右手持扇 (合扇) 向前下方刺出, 左手由右向左撑于身体左侧, 腕略高于肩, 掌心向外; 目视扇前方。(图 30)

(2) Shift body's gravity onto right leg and stand up, bend and raise the left knee to form a Single Knee Raised. Simultaneously, holding the fan with the right hand, thrust the closed fan diagonally downward with the left hand props and extends from the right to the left and positioned it at the left side of the body, wrist slightly above shoulder, palm facing outward. Look to the front and in the direction of the fan. (Figure 30)



图 30
Fig. 30

要求: 扇骨完全合拢, 臂与扇骨成一直线, 力达扇骨顶端; 提膝高过腰, 提膝与刺扇动作同步完成。

Key Points: All fan ribs must be fully closed with arm and fan maintaining straight alignment, exert the power at the fan's tip. The raised knee must be above waist level and must be completed with the fan thrust concurrently.

11. 退步抽扇 Tui Bu Chōu Shàn Retreating Step Withdraw Fan

(1) 接上势, 左脚下落撤; 同时, 右手持扇 (合扇) 向外腕花后迅速开扇, 扇沿垂直向前, 左掌指附于右前臂内侧; 目视前方。(图 31)

(1) Following the previous stance, drop the left foot and retreat a step back; Simultaneously, the right hand holding the closed fan executes an outward reversed figure 8 and then opens it swiftly with the fan edge pointing vertically forward while the left fingers gently press against the inner side of the right forearm. Look to the front. (Figure 31)



图 31
Fig. 31

(2) 重心后移, 右脚经左脚内侧擦地向右后方退步, 脚跟踏地, 右腿屈膝微蹲, 重心偏于右腿; 同时, 右手持扇(开扇)扇沿垂直不变向后快速回抽, 腕与胸平, 扇面向外; 左掌置于扇沿前方, 掌心斜向下; 目视前方。(图 32)

(2) Shift body's gravity backward, the right foot glides past the left instep, then retreat a step back diagonally with heel planted. Bend the right knee slightly into a semi-squat, body weight predominantly on right leg. Simultaneously, with the fan's edge remaining unchanged, draw the opened fan backward in a speedy manner, wrist at chest height, fan face outward. Position the left palm in front of the fan's edge, with the face of the palm facing diagonally downward. Eyes focus to the front. (Figure 32)



图 32
Fig. 32

要求: 开扇快速有力, 发劲回抽扇与踏脚协调一致。

Key Points: The fan opening must be rapid and powerful; Force exertion and withdrawal of the fan must coordinate seamlessly with the stepping movements.



12. 腾空飞脚 Téng Kōng Fēi Jiǎo Jumping Front Slap Kick

(1) 接上势, 右脚向前上步蹬地向上起跳腾空, 左腿向上摆起; 目视前方。(图 33)

(1) From the previous stance, step forward with the right foot and push off into a jump. Swing the left leg upward while airborne. Eyes focus to the front. (Figure 33)



图 33
Fig. 33

(2) 右手持扇 (合扇), 随上步双臂依次向前、向上摆动至额前上方; 随即右腿向上踢摆, 右脚脚面展平, 左掌拍击右脚面; 目视右脚。(图 34–35)

(2) Holding the closed fan in the right hand, following the stepping motion, both arms sequentially raise up to the upper front of forehead. Following that, the right leg immediately executes a swift upward kick with the instep of the foot flat and toes pointing forward, slap the left palm onto the right instep. Eyes focus on kicking foot. (Figures 34–35)



图 34
Fig. 34



图 35
Fig. 35

要求: 击响腿脚尖过肩; 击拍准确响亮, 双脚同时落地。

Key Points: The toes of the kicking foot must be above shoulder height; execute a crisp, accurate slap; ensure both feet land simultaneously.



**13. 腾空摆莲 360° Tēng Kōng Bǎi Lián 360°
Jumping Lotus Kick 360°**

(1) 接上势, 双脚同时落地, 随即原地蹬地向上跳起腾空; 同时, 双臂上摆; 身体在空中向右后旋转360°; 右腿向右外摆, 左手在空中击拍右脚脚面; 目视右脚前方。(图 36)

(1) Following the previous movements, land with both feet. From the landing position, immediately spring upward into a jump, at the same time, swing both arms upwards. The body rotates 360° to the rear right while airborne. The right leg swings outward to the right in sync with the rotation. The left hand slaps onto the instep of the right foot while airborne. Look towards the direction of the right foot front. (Figure 36)



图 36
Fig. 36

要求: 击响腿脚尖过肩; 击拍准确响亮。

Key Points: The kicking foot's toes must be above shoulder height; execute a precise, audible slap.



14. 跌叉开扇 Diē Chā Kāi Shàn Hurdler's Split With Fan Opening

接上势, 双腿同时前后分开下落, 成跌叉: 左腿伸直在前, 右腿屈膝在后; 臀部、右膝内侧及左腿后侧贴地; 同时, 右手持扇 (合扇) 在右上方向下开扇, 扇沿向右; 左手置于左脚尖上, 掌心向上; 身体微前倾; 目视左掌前方。(图 37)

From the previous stance, both legs open up concurrently and descend into a hurdler's split: left leg straighten and extend forward, right knee flexed backward. Maintain ground contact with buttocks, inner right knee, and posterior left thigh. Position the left palm above the left toes with palm facing upwards, lean the body slightly forward. Eyes focused in the direction of the left palm. (Figure 37)



图 37
Fig. 37

要求: 双腿不可依次落地; 跌叉前脚掌不可内扣触地; 跌叉与开扇须同步完成, 开扇快速有力。

Key Points: Both legs cannot land sequentially; ball of front foot must not touch the ground during the hurdler's split; synchronize the split with a swift, powerful fan opening.



第二段 Section Two

15. 跟步开扇 Gēn Bù Kāi Shàn Follow-up Step Fan Opening

(1) 接上势, 重心上移, 左腿屈膝回收, 右脚蹬地起立向前上步; 同时, 右手持扇 (合扇) 旋腕合扇向左下划弧; 左手合于右臂内侧; 目视前方。(图 38)

(1) From the previous stance, elevate the body's gravity, draw back the left leg. Right leg push against the ground and step forward, Simultaneously, rotate the right wrist, close the fan and arc towards the lower left. Left hand attached to the inner side of the right arm. Look to the front. (Figure 38)



图 38
Fig. 38

(2) 重心移至右腿, 左脚跟步至右脚后侧, 脚掌着地, 两腿屈膝半蹲, 成跟步; 同时, 右手持扇 (合扇) 由下向左、向右划弧, 在右额侧上方开扇, 扇沿向左; 左掌下按于左胯旁, 掌心向下; 目视前方。(图 39、图 39 附图)

(2) Shift the body's gravity to the right leg, while the left foot follows with a step behind the right foot with the forefoot touching the ground, both knees bent to a half squat and form a Follow-up Step. Simultaneously, the right hand arcs the closed fan from the bottom, then to the left and toward the right in a curve, then immediately open it above the upper-right forehead, with fan edge pointing to the left. The left palm presses down beside the left hip, palm facing downward; Look to the front. (Figure 39, 39 Alternate View)



图 39
Fig. 39



图 39 附图
Fig. 39 Alternate View

要求: 开扇快速有力, 转腰、沉胯、开扇协调一致。

Key Points: Execute a rapid, powerful fan opening while perfectly synchronizing waist rotation, hip sinking, and opening of the fan.

16. 转身反持扇 Zhuǎn Shēn Fǎn Chí Shàn Body Turn Reverse Fan Grip

(1) 接上势, 左脚经右脚内侧向左前方上步; 同时, 右手持扇(开扇)由上、向下、向右内旋反持扇; 左手由下向右合于右肩内侧; 目视扇前方。(图 40)

(1) From the previous stance, shift the left foot forward to the front left, bypassing the inner side of the right foot. Simultaneously, the right hand, with the opened fan, lower down the fan from the upper right forehead, rotates the forearm inwards to the right and holds the fan in a reverse manner, move the left palm upward from the left hip to the inner right shoulder. Look in front towards the direction of the fan. (Figure 40)



图 40
Fig. 40



(2) 重心移至左腿, 右脚向左脚前方内扣上步, 身体左转180°, 随即左脚后撤; 同时, 右手持扇(开扇)内旋成反持扇, 左手向左划弧展开, 双手左右外撑随身体旋转平带; 目先随左手, 后转视扇面方向。(图 41)

(2) Shift the body's gravity to the left leg. Pivot the right foot inward and shift it in front of the left foot, turn the body 180° to the left, then withdraw left foot immediately. Simultaneously rotate the opened fan inward to a reverse grip as the left palm arcs and extend outward. Both arms extend laterally during the turn—eyes first follow left hand, then redirects and look towards the direction of the fan's plane. (Figure 41)



图 41
Fig. 41

(3) 重心后移至左腿, 成半马步; 右手屈肘反持扇(开扇), 扇面紧贴右前臂外侧, 扇向右; 左掌指附于右腕, 双手合于左胸前; 目视右前方。(图 42)

(3) Shift body's gravity back to the left leg and form a semi-horse stance. Bend the right elbow that is holding the reversed fan, with the face of the fan flush against the right outer forearm, fan's edge pointing to the right. Rest the left fingers onto right wrist as both arms embrace at left chest. Focus on the front right. (Figure 42)



图 42
Fig. 42

要求: 转身平稳自然, 左右上步衔接连贯流畅。

Key Points: Execute turns naturally with stability; ensure seamless transitions between advancing steps.



17. 歇步压扇 Xiē Bù Yā Shàn

Cross-legged Crouching Stance Fan Press

(1) 接上势, 重心前移至右腿; 右手持扇(开扇)外旋由左向右平带, 左掌指附于右臂内侧协同划弧; 目视前方。(图 43)

(1) From the previous stance, transfer the body's gravity onto the right leg while rotating the opened fan outward in a horizontal arc from left to right with the right hand. The left fingers adhere to the right inner forearm to assist in the fan's arc motion. Maintain focus to the front. (Figure 43)



图 43
Fig. 43

(2) 左脚向右脚前方上步, 成歇步; 同时, 右手持扇(开扇)由右上划弧随即向下压扇, 扇面呈水平, 与腕同高; 左手向下经左胯旁划弧驾于左后上方; 目视扇方向。(图 44)

Step the left foot forward to the front of the right foot into a Cross-legged Crouching Stance. The right hand, holding the opened fan, arcs upward and then presses downward immediately, with the fan's face at flat horizontal level and same height as the wrist. Simultaneously, the left hand draws an arc downwards, bypassing the left hip and then continue to arc and execute an upper block at the rear left. Focus on the direction of the fan. (Figure 44)



图 44
Fig. 44

要求: 双腿交叉下蹲与压扇协调一致。

Key Points: Pressing down of the fan and execution of the Cross-legged Crouching Stance must be synchronized.



18. 进步绞扇 Jìn Bù Jiǎo Shàn Forward Step Fan Enveloping

(1) 接上势, 重心上移, 右脚向左脚前方上步; 同时, 右手持扇(开扇)旋腕合扇; 以腕为轴逆时针立圆绞转360°; 左掌指附于右臂内侧; 目视扇前方。(图 45)

(1) From the previous stance, elevate the center of gravity as the right foot steps forward to the front left. Rotate the right wrist outward to close the fan, then using the wrist as pivoting point, execute a 360° anti-clockwise vertical circle wringing with the tip pointing forward. Adhere the left fingers to the inner side of the right arm. Look to the front and in the direction of the fan. (Figure 45)



图 45
Fig. 45

(2) 重心前移, 左脚向前方进步; 同时, 右手持扇 (合扇) 继续绞扇一次, 左手下按至左胯旁; 目视扇前方。(图 46)

(2) Shift the body's gravity forward as the left foot advances to the front. Execute another fan wringing with the closed fan while the left palm arcs and presses down to the side of the left hip. Continue to look at the direction of the fan. (Figure 46)



图 46
Fig. 46



要求: 绞扇以腕为轴, 两次绞扇与上步协调一致。

Key Points: Uses the wrist as pivot while executing the wringing and the wringing must be well synchronized with the advancing steps.

19. 弓步推扇 Gōng Bù Tuī Shàn

Bow Stance Fan Push

(1) 接上势, 重心前移, 右脚屈膝提起, 左脚向前垫步; 同时, 右手持扇(合扇)由前下方向右划弧, 在体前快速开扇, 左掌由右下方向左平带; 目视扇前方。(图 47)

(1) From the previous stance, shift the body's gravity forward, bend the right knee and raise the right foot, then the left foot takes a skip forward. The right hand holding the closed fan arcs downward from the front to the right concurrently, then rapidly open it in front of the torso, while the left palm sweeps horizontally leftward from the lower right. Look at the front and in the direction of the fan. (Figure 47)



图 47
Fig. 47

(2) 右脚向前落步, 重心前移, 成弓步; 同时, 右手持扇(开扇)向内屈肘回收, 左掌指附于扇面上方, 随重心前双掌协同前推, 扇面斜向前下方; 目视扇前方。(图 48-49)

(2) Step right foot forward, shift the body's gravity forward to form a bow stance; the right hand, holding the opened fan, bend its elbow to withdraw the open fan as left fingers press lightly on the fan's face. Then, with body's weight shifted forward, push both palms concurrently forward, fan surface facing downward diagonally. Look at the front and in the direction of the fan. (Figures 48-49)



图 48
Fig. 48



图 49
Fig. 49

要求: 开扇快速有力; 垫步轻灵, 弓步与推扇协调一致。

Key Points: Execute a rapid, powerful fan opening. The skip must be light and agile. Perfectly synchronize the formation of bow stance and the fan push.

20. 提膝上刺扇 Tí Xī Shàng Cì Shàn Single Knee Raised Upward Fan Thrust

(1) 接上势, 重心后移, 身体左转, 右脚内扣, 左脚外摆屈膝前弓, 成左弓步; 同时, 右手持扇(开扇)旋腕合扇, 双手随转体向下、向左划弧, 右手持扇(合扇)置于腰间, 左掌置于体前, 掌心朝下; 目视前方。(图 50)

(1) From the previous stance, shift body's gravity backward and turn the body to the left. Tilt the right foot inward and left foot outward, bend the left knee and form a left Bow Stance. At the same time, rotate the right wrist to close the fan. Both hands arc downward to the left follow as the body turns; The right fan then retracts the closed fan to the waist, position the left palm in front of the body with palm facing down. Look to the front. (Figure 50)



图 50
Fig. 50



(2) 重心上移, 左腿微屈站立, 右腿提膝提起, 脚尖下垂, 成提膝独立;
同时, 右手持扇(合扇)向头顶上方刺扇, 扇骨与右臂成垂直, 左掌下按于左胯旁,
掌心朝下; 目视前方。(图 51、图 51 附图)

(2) Elevate the center of gravity, stand with a slightly bent left leg, raise the right knee with toes pointed down and form a Single Knee Raise. Concurrently, thrust the closed fan vertically upwards above the head, the fan ribs must be vertically aligned to the right arm, press the left palm downward to the left hip with palm facing down. Maintain focusing to the front. (Figure 51, 51 Alternative View)



图 51
Fig. 51



图 51 附图
Fig. 51 Alternate View

要求: 提膝高于腰; 提膝独立与上刺扇与下按掌协调一致; 刺扇力达扇骨顶端。

Key Points: Raised knee must be above waist level. Perfectly synchronize the knee raise, upward fan thrust, and the downward palm press. Power must be executed through the tip of the fan during the upward thrust.



21. 旋风脚180°开扇 Xuàn Fēng Jiǎo 180° Kāi Shàn
Tornado Kick 180° Fan Opening

(1) 右脚下落于左脚内侧, 两脚间距与肩同宽; 同时, 右手持扇 (合扇) 下落, 左手由下向左、向上、向下划弧; 目视前方。(图 52)

(1) The right foot lands beside the left foot, with both feet shoulder-width apart. Simultaneously, lower the closed fan, the left palm arcs from the left hip to the left, upwards and then downwards. Remain focus to the front. (Figure 52)



图 52
Fig. 52

(2) 重心下沉, 双脚原地蹬地跳起腾空, 身体在空中向左后转180°; 双臂依次向上、向后摆动至头前上方; 随即, 右腿里合, 左手拍击右脚掌; 击响腿单腿落地同时开扇, 右手自然落于胸腹前, 左手合于扇沿; 目视前下方。(图 53–54)

(2) Lower the body's gravity, then jump vertically up from the same spot. Body spin 180° to the left. Swing both arms upwards, then to the rear sequentially above the head; execute a inner crescent kick immediately and slap the sole of the right foot with the left hand. Open the fan concurrently when the slapping foot landed. Right hand descends naturally to the abdomen, left palm at the fan edge. Focus diagonally downward to the front. (Figures 53–54)



图 53
Fig. 53



图 54
Fig. 54



要求: 原地起跳不可停顿; 击响腿脚尖过肩, 击拍准确; 击响腿落地时不可出现上体晃动、脚移动或跳动; 右脚落地瞬间快速开扇。

Key Points: Execute the jump without any pause. Toes of the kicking foot must be above shoulder height with precise contact and slap. Maintain absolute upper body stability during single-leg landing (no torso sway/foot shift/hop). Open the fan instantaneously upon right foot contact to the ground.

22. 提膝抱扇 Tí Xī Bào Shàn

Single Knee Raised Fan Ward-off With Arms Embraced

接上势, 重心上移, 右腿微屈站立, 左腿屈膝提起, 脚尖下垂, 成提膝独立; 同时, 右手持扇(开扇)向右棚出, 腕略高于肩, 扇骨贴于前臂, 扇面斜向上, 左掌附于扇沿前; 目视前方。(图 55)

Continue from the previous stance, elevate the body's gravity, right leg stands with knee slightly bent, lift the left knee with toes pointing down to form a Single Knee Raise. At the same time, open the fan, ward off towards the right with wrist slightly above shoulder, fan ribs flush against the forearm, fan's face diagonally upward as the left palm guards at the front of the fan's edge. Look to the front. (Figure 55)



图 55
Fig. 55

要求: 提膝高于腰, 提膝腿脚不可触地; 提膝独立与抱扇协调一致。

Key Points: Maintain the raised knee above waist level, foot of raised knee must not touch the ground. Synchronize the transitions of knee raised and warding off of the fan with fluid agility.



第三段 Section Three

23. 左右挂扇 Zuǒ Yòu Guà Shàn Left & Right Fan Hooking Parry

(1) 接上势, 重心下沉, 左脚下落至右脚内侧, 脚尖内扣, 身体右转; 右手持扇(开扇)下落至胸前, 左手沿右臂经扇大骨向前平推合扇; 目视扇前方。
(图 56、图 56 附图)

(1) From the previous stance, sink the body's gravity as the left foot lands beside the right foot with toes turned inward, turn the body to the right. Lower the opened fan to chest level, the left palm glides forward along the right arm to push the fan's main frame to close the fan. Look at the front and in the direction of the fan. (Figure 56, 56 Alternative View)



图 56
Fig. 56



图 56 附图
Fig. 56 Alternate View

(2) 左脚尖外摆, 重心前移, 身体微左转; 同时, 右手持扇 (合扇) 由下向后、向上划弧至右额上方, 扇首向左前方, 左手随右手由下向右、向上、向左划弧至左前方, 掌心向前; 目视扇前方。(图 57、图 57 附图)

(2) Tilt the left foot outward, shift the body's gravity forward and turn the body slightly to the left; The closed fan arcs downward, to the back and then upward to right forehead with the fan's tip pointing to the front left, the left hand follows the right hand's motion—arcing from the bottom to the right, upwards and then leftward to the upper front left, with palm facing forward. Look at the front and in the direction of the fan. (Figure 57, 57 Alternative View)



图 57
Fig. 57



图 57 附图
Fig. 57 Alternate View

(3) 左脚尖外摆, 重心前移, 身体微左转; 同时, 右手持扇由上向身体左侧立圆挂扇, 左掌指附于右前臂内侧; 目视扇前方。(图 58)

(3) Tilt the left toes outward, shift the body's gravity forward, turn the body slightly to the left. Concurrently, execute a vertical circular Hooking Parry downward to the left with the fan, left palm adhering to the right inner forearm. Look at the front and in the direction of the fan. (Figure 58)



图 58
Fig. 58

(4) 重心前移, 右脚向左脚前方上步, 脚尖外摆, 身体微右转; 同时, 右手持扇(合扇)外旋由左向上、向前向身体右侧立圆挂扇, 左掌指附于右前臂内侧; 目视扇前方。(图 59、图 59 附图)

(4) Shift the body's gravity forward as the right foot advances towards the front left with toes turning outwards, turn the body slightly right. The right hand rotates outward with the closed fan and executes a downwards vertical circular Hooking Parry upwards from the left and then towards the right at the right side of the body, the left palm maintains contact on the right inner forearm. Look at the front and in the direction of the fan (Figure 59, 59 Alternate View)



图 59
Fig. 59



图59 附图
Fig. 59 Alternate View

要求: 挂扇扣腕呈贴身立圆环绕; 力达扇首。

Key Points: Fan parrying must be executed in a vertically circular motion and close to the body with flexed wrist. Force must be exerted at the tip of the fan.

24. 虚步点扇 Xū Bù Diǎn Shàn Empty Stance Fan Pointing

(1) 接上势, 左脚向左前方上步, 脚尖外摆; 同时, 左手由右向上、向左前摆掌; 目视前方。(图 60)

(1) From the previous stance, step the left foot forward to the front left with toes pointing out; At the same time, left palm swings upwards from the right towards the left. Maintain focus to the front. (Figure 60)



图 60
Fig. 60



(2) 重心前移, 身体左转, 右脚向左脚前方上步, 成虚步; 同时, 右手持扇(合扇) 由右后向上、向右前下方点击, 腕低于肩, 扇首低于腕; 左臂由前向下、向左后划弧至左额上方, 掌心向外; 目视扇前方。(图 61)

(2) Shift the body's gravity forward, turn the body to the left, the right foot steps to the front left to form an Empty Stance. Simultaneously, the right hand points the closed fan from the upper rear right to the lower front right, with the wrist below shoulder level and fan tip below wrist level, while the left arm arcs downwards in a vertical circle from the front, then to the rear left and raise it above the left forehead with palm facing outward; Look at the front and in the direction of the fan. (Figure 61)



图 61
Fig. 61

要求: 虚步、点扇与左手架掌协调一致; 提腕点击, 力达上板。

Key Points: Empty Stance, pointing of fan and upper block of the left palm must be synchronized. Lift the wrist to point and power channel through the upper portion of the fan's body.



25. 蹬脚架扇 Dēng Jiǎo Jià Shàn
Heel Kick With Fan Upper Block

(1) 接上势, 右脚屈膝提起, 扣脚落于左脚内侧, 身体左转180°; 同时, 右手(合扇)随身体左转由右向上、向前、向下弧收至腰间, 左掌附于右腕; 目视前方。(图 62)

(1) From the previous stance, bend the right knee, lift the right foot, lock the ankle and land beside the left foot, turn the body 180° to the left. Concurrently, the right hand holding the closed fan arcs from the right, upwards, forward and then down to waist during the rotation of the body, left palm remains contact to the right wrist. Look to the front. (Figure 62)



图 62
Fig. 62

(2) 重心移至右腿, 右腿微屈站立, 左腿屈膝提起, 脚尖下垂, 随即左腿提膝向左侧蹬脚; 同时, 右手持扇(合扇由腰间向上架至右额上方, 扇骨呈水平与蹬脚方向一致; 左掌向左前方立掌前推, 腕与肩平; 目视前方。(图 63)

(2) Shift body's gravity to the right leg, right leg stands with knee slightly bent, lift the left knee with toes pointing down. Continue to raise the left knee and execute a heel kick towards the left: At the same time, the right hand, holding the closed fan lifts from the waist to block above the right forehead, with the fan's ribs at horizontal level and aligned in the same direction of the kick. Left upright palm pushes forward to the left at shoulder height, Maintain focus to the front. (Figure 63)



图 63
Fig. 63

要求: 左腿蹬直, 高于水平; 蹬脚、架扇与推掌协调一致; 架扇力达扇身。

Key Points: Keep the left leg straighten during heel kick and must be above horizontal level. Perfect synchronize the kick, fan block, and palm push. Exert force on the fan's body.

26. 后插腿低势平衡开扇 Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn Fan Opening and Low Balance With Leg Crossed Behind

(1) 接上势, 左腿屈膝向右脚前方落步; 同时, 右手持扇 (合扇) 由上向下、向左立圆划弧, 左掌合于右臂内侧; 目视前方。(图 64)

(1) Continue from the previous stance, bend the left knee and advance forward in front of the right foot. At the same time, the right hand holding the closed fan, executes a downward vertical circle to the left with the left palm adhering to the inner forearm. Maintain focus to the front. (Figure 64)

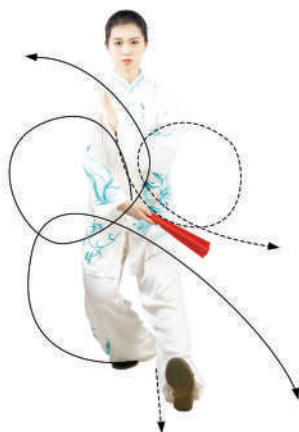


图 64
Fig. 64



(2) 重心移至左腿, 屈膝下蹲, 右腿向右划弧展开, 随即紧贴于左大腿后侧, 小腿从左膝后方向前伸出, 成后插腿低势平衡; 同时, 右手持扇 (合扇) 随右腿展开向右划弧, 随即由下向上缓慢开扇置于右额上方, 扇沿向左, 左手向左前方立掌前推, 与右脚方向一致; 目视左掌前方。(图 65)

(2) Shift body's gravity to the left leg and lower to a squat. Right leg extended out and draw an arc, then immediately adhere tightly behind the left thigh, right lower leg then continue to extend forward from the back of the left knee and form a Low Balance with leg crossed behind. Simultaneously, the right hand holding the closed fan arc towards the right following the extension of the right leg, then rises and gradually opens it above the right forehead, with edge of the fan pointing to the left, Left vertical palm pushes towards the front left, in the same direction as the right foot. Look to the front and in the direction of the left palm. (Figure 65)



图 65
Fig. 65

要求: 插出腿不可触地; 支撑腿大腿低于水平, 手不可扶按支撑腿; 右手上举时缓慢开扇。

Key Points: Keep the right crossed leg elevated without contacting the ground. Maintain the supporting thigh below horizontal level, hands are not permitted to support or press onto the supporting leg. Open the fan gradually while raising the right arm.



27. 提膝转体180°合扇 Tí Xī Zhuǎn Tǐ 180° Hé Shàn
Single Knee Raised Body Turn 180° Close Fan

(1) 接上势, 重心上移, 左腿直立, 右腿回收提膝; 同时, 右手持扇(开扇)由右向左屈肘合于左胸前, 扇沿向上, 左手立掌置于左侧。

(1) From the previous stance, elevate the center of gravity into a straight left-leg stance, retract the right leg and form a right Single Knee Raised. Concurrently, holding the opened fan in the right hand, bend the elbow and bring the opened fan from right to left and position it in front of the left chest, with fan's edge pointing up, while the left palm remains vertically upright and positioned at the left side.

(2) 身体直立, 以左脚跟(或前脚掌)为轴向右后转180°, 右腿提膝随身体转动; 同时, 右手持扇内旋, 扇面呈水平随身体转动合扇, 扇身与右臂成直线, 左掌随身体转动平带, 合于右手前臂内侧; 目视前方。(图 66)

(2) Stand straight with body upright, uses the left heel or ball of the left foot as pivot to turn 180° rightward to the rear (right knee remain raised while turning). Simultaneously, rotate the right hand and turn the fan inward with the fan surface horizontally facing up, close the fan while rotating, body of fan must align with right arm, the left palm close-in to the right inner forearm while turning. Maintain focus to the front. (Figure 66)



图 66
Fig. 66

要求: 转体平稳, 角度不少于 180°, 转体过程中提膝腿不能低于水平。

Key Points: Execute the turn with stability (rotation must not lesser than 180°). Maintain raised knee above horizontal throughout the rotation.



28. 提膝持扇 Tí Xī Chí Shàn Holding Fan With Single Knee Raised

接上势, 左腿屈膝站立, 右腿提膝; 同时, 右手持扇 (合扇), 扇身与右臂成直线, 左掌指合于右前臂内侧; 目视前方。(图 67、图 67 附图)

From the previous stance, stand on left leg with a Right Single Knee Raised. Concurrently, Hold the closed fan with body of the fan aligned with right arm, fingers of the left palm contacting with the right inner forearm. Maintain focus to the front. (Figure 67, 67 Alternate View)



图 67
Fig. 67



图 67 附图
Fig. 67 Alternate View

要求: 提膝高于腰, 提膝腿脚不触地。

Key Points: Maintain raised knee above waist level without foot contacting the ground.

29. 弓步劈扇 Gōng Bù Pī Shàn Bow Stance Fan Chop

(1) 接上势, 身体右转; 右脚向右后方上步, 随即重心前移, 左脚向右脚前方上步, 脚尖内扣; 右手持扇 (合扇) 由左向下、向右上立圆划弧至头顶, 左掌指附于右臂内侧; 目随扇动。(图 68–69)

(1) Continue from the previous stance, turn the body to the right. Step right foot to the rear right, then immediately shift the body's gravity forward, left foot advance to the front right with toes turning inward. Right hand holding the fan, arcs vertically from the left, downwards, towards right and upward till above the head while the left fingers remain resting on the right inner forearm. Vision follows the fan's motion. (Figures 68–69)



图 68
Fig. 68



图 68 附图
Fig. 68 Alternate View



图 69
Fig. 69

(2) 身体继续向右后转动, 重心移至左腿, 右脚向右前上步, 重心前移, 成弓步; 同时, 右手持扇 (合扇) 向下劈扇, 与肩同高, 左掌由右向下、向左上划弧架于左额上方, 掌心斜向上; 目视扇前方。(图 70)

(2) Continue turning to the rear right while shifting body weight to the left leg. Step the right foot to the front right, shift the body's gravity forward to form a bow stance. Concurrently, holding the closed fan with the right hand, chops downward at shoulder height, as the left palm arcs from the right, downwards, to the left and then executes an upper block above left forehead, with palm facing diagonally upward. Focus to the front in the direction of the fan. (Figure 70)



图 70
Fig. 70

要求: 劈扇力达扇身。

Key Points: Force must be exerted on the fan's body.



第四段 Section Four

30. 云扇 Yún Shàn Vertical Fan Circling/Waving

(1) 接上势, 重心后移, 身体左转, 右脚扣脚; 同时, 右手持扇 (合扇) 向下、向左划弧至左肋旁, 左手向下落于身体左侧; 目视左手方向。(图 71)

(1) Following the previous stance, shift the center of gravity backward, turn the body to the left, and pivot the right foot inward. Simultaneously, the right hand holds the closed fan moves downward, then arcs leftward to the side of the left rib, while the left hand lowers to the left side of the body, look at the direction of the left hand. (Figure 71)



图 71
Fig. 71

(2) 身体微右转, 重心移至右腿, 左脚向右脚后方插步; 同时, 右手持扇 (合扇) 向上、向右划弧至身体右侧平开扇, 扇沿向右; 左手由左向下, 向右划弧横推至右肋旁, 掌心向右; 目视扇前方。(图 72)

(2) The body turns slightly to the right, shifts the center of gravity to the right leg as the left foot crossed step behind the right foot. Simultaneously, the right hand holding the closed fan arcs upward, then rightward to horizontally open the fan at the right side of the body, fan's edge pointing to the right; the left hand moves downwards from the left, then arc rightward and push horizontally to the right rib area, palm facing to the right; look at the front in the direction of the fan. (Figure 72)



图 72
Fig. 72

(3) 身体微左转, 右脚向右开步, 脚跟着地; 同时, 右手持扇(开扇)内旋由右向下、向左划弧至左肋旁; 左手由右向上向左划弧横推至身体左侧, 掌心向左; 目视左手方向。(图 73)

(3) The body turns slightly leftward as the right foot steps to the right with the heel touching down. Simultaneously, the right hand rotates inward while holding the opened fan, arcs downward from the right to the left rib area; the left hand arcs from the right, upwards and to the left, then pushes it horizontally to the left side of the body, palm facing the left; look toward the left hand's direction. (Figure 73)



图 73
Fig. 73



(4) 身体微右转, 重心移至右腿, 左脚向右脚后方插步; 同时, 右手持扇(开扇)向上、向右划弧至身体右侧, 扇沿向右, 左手由左向下、向右划弧横推至右肋旁, 掌心向右; 目视扇前方。(图 74-75)

(4) Turn the body slightly to the right, shift the body's gravity to right leg, left foot take a cross-step behind the right foot; Concurrently, right hand holding the opened fan arc upwards and then rightwards till reaches the right side of the body, with the fan's edge pointing to the right, left hand arc downwards from the left then to the right and push horizontally to the side of the right ribs, with palm facing to the right; look at the front and in the direction of the fan. (Figures 74-75)



图 74
Fig. 74



图 75
Fig. 75

要求: 以腰带动两手在体前缠绕运转, 高不过额, 低与腹平; 云扇与侧行步协调一致。

Key Points: Utilized the waist rotation to drive both hands in coiling movements in front of the body, keeping hand positions between forehead and abdomen height. Cloud Fan (vertical circling) movements must synchronize precisely with side-stepping footwork.



31. 翻身跳劈扇 Fān Shēn Tiào Pī Shàn Turn Over Jumping Fan Chop

(1) 接上势, 重心移至右腿, 左脚收至右脚内侧, 前脚掌着地; 同时, 右手持扇 (开扇) 由左向下向右后划弧, 在右后方合扇, 扇身斜向下; 左手由左向下向右摆动至身体右侧; 目视扇方向。(图 76、图 76 附图)

(1) From the previous stance, body's gravity shifts to the right leg and the left foot retracts to the inner side of the right foot, with forefoot touching the ground. Simultaneously, the right hand arcs the open fan downward from left to the rear right and close it, with the fan body diagonally facing down; while the left hand swings rightward from lower left; look toward the direction of the fan. (Figure 76, Figure 76 Alternate View)



图 76
Fig. 76



图 76 附图
Fig. 76 Alternate View

(2) 重心上移, 左腿屈膝提起, 右脚蹬地起跳向左翻身腾空转体90°; 同时, 右手持扇 (合扇) 由右向上摆至头顶上方, 左手由右向上、向左划弧; 目视前方。(图 77-78)

(2) Elevate the center of gravity, lift the left knee, then push off the ground forcefully and jump with the right foot to execute an aerial 90°turn to the left. Simultaneously, the right hand raise and swing the closed fan upwards from the right to overhead position while the left hand arcs upward from right to left; look forward to the front. (Figures 77-78)



图 77
Fig. 77



图 78
Fig. 78

(3) 左脚落地, 右脚下落震踏于左脚前, 成半马步; 同时, 右手持扇 (合扇) 由上向右前方下劈扇至右膝上方, 扇身斜向上; 左手继续摆动下落按至腹前, 掌心向下; 目视前方。(图 79)

(3) As the left foot lands, the right foot follows with a stomp in front of the left foot, forming a semi horse stance. Simultaneously, the right hand chops downward with the closed fan from overhead to the right lower front, pausing just above the right knee, with the fan tilted diagonally upwards; the left hand continues to press down to abdomen level, with palm facing downward; look to the front. (Figure 79)



图 79
Fig. 79

要求: 震脚与劈扇发劲协调一致、力达扇身。

Key Points: The stomping of the foot and chopping of fan must generate power simultaneously, exert force on the body of the fan.



32. 提膝开扇 Tí Xī Kāi Shàn

Single Knee Raised Fan Opening

接上势，重心移至右腿，左腿屈膝上提，成提膝独立；同时，身体左转，右手持扇（合扇）由右向上至右肩上方开扇，扇沿向左；左掌变拳，由下向左随转体屈肘向左胯旁砸击，拳心向上；目视前方。（图 80）

Following the previous stance, shift body's gravity to the right leg, bend and lifts the left knee to form a Single Knee Raised. Simultaneously, the body turns to the left while the right hand arcs the closed fan upwards from the right to open it above the right shoulder, fan edge pointing to the left; The left palm transforms into a fist, bend the elbow, swing from the abdomen front and smash towards the outside of the left hip while turning, with heart of the fist facing up; look to the front. (Figure 80)



图 80
Fig. 80

要求：提膝高过腰，开扇快速有力；开扇砸击与提膝协调一致；砸击力达拳背。

Key Points: Maintain raised knee above waist height; execute fan opening swiftly and powerfully. Synchronize fan opening, fist's smashing and knee raise with unity. Exert force at the back of the fist when executing the smashing.



33. 马步肩靠 Mǎ Bù Jiān Kào Horse Stance Shoulder Knock

(1) 接上势, 左脚向左前方上步, 右脚收于左脚内, 脚掌着地; 同时, 右手持扇(开扇)由上向右向下划弧, 在腹前合扇; 左手由下向上向右划弧收至右臂内侧; 目视前方。(图 81)

(1) From the previous stance, advance the left foot forward to the front left while drawing right foot to inner side of the left foot with forefoot touching the ground. Simultaneously, the right hand arcs the opened fan downward from upper-right to close it in front of the abdomen, while the left hand arcs upward from the left hip and position at the inner side of the right arm; look to the front. (Figure 81)



图 81
Fig. 81

(2) 身体右转, 右脚向右前方上步; 同时, 右手持合扇由下向上经右后方划弧贴于后腰, 左手自下向左向前划弧收至右肩内侧; 目视前方。(图 82)

(2) Continue to turn the body to the right, advance the right foot forward to the front right. Simultaneously, the right hand arcs the closed fan upward from bottom, through the rear right and rest against the back of the waist, while the left hand arcs forward from bottom to the left and positioned at the inner side of the right shoulder; look to the front. (Figure 82)



图 82
Fig. 82



(3) 重心右移, 成马步; 同时, 右肩向右前方靠打, 右手持扇于背后开扇, 扇沿向上, 左手附于右肩内侧; 目视右前方。(图 83)

(3) Shift body's weight to the right to form a horse stance. At the same time, execute a forward right shoulder knock to the front right. Simultaneously open the fan behind the back with the right hand, the fan's edge pointing upward, while left hand guards at the inner right shoulder; look toward lower-right front. (Figure 83)



图 83
Fig. 83

要求: 马步靠打与开扇三者协调一致, 肩靠发劲迅猛短促, 力点准确。

Key Points: Synchronize the horse stance, shoulder knock and fan opening. Execute the shoulder knock with sudden, explosive force and precise accuracy.

34. 震脚劈扇 Zhèn Jiǎo Pī Shàn Stamp Feet Fan Chop

(1) 接上势, 重心后移, 右脚回收至左脚前成虚步; 同时, 右手持扇 (合扇) 由后向前、向上、向右划弧至右胯旁合扇, 随即左手向上、向左、向下划弧与右手相合于腹前, 掌心向上; 目视前方。(图 84)

(1) From the previous stance, shift body's gravity backward as the right foot withdraws to form an Empty Stance in front of the left foot. Simultaneously, the right hand arcs the closed fan forward from the back, then upward, to the right and close it beside the right hip, then left hands arcs upwards, to the left and downwards to meet the right hand in front of the abdomen. Palms facing up; look to the front. (Figure 84)



图 84
Fig. 84

(2) 重心上移, 右脚提起, 左脚蹬地向上腾空起跳, 随即双脚依次下落踏地 (左先右后), 右脚落于前方, 两腿屈膝半蹲; 同时, 双手上托至胸前, 随即向下劈扇发力, 扇身斜向上; 左手下按至腹前; 目视前方。(图 85-86)

(2) Elevate the center of gravity, lift the right foot. Push off the ground forcefully with the left foot to execute an aerial leap, then immediately land sequentially (left then right) with the right foot forward, both leg half squat; Simultaneously, lift both hands upward to chest level, then immediately chop the fan downward with power, body of the fan diagonally tilted up. Left hand presses down to abdomen level; look to the front. (Figures 85-86)



图 85
Fig. 85



图 86
Fig. 86

要求: 双臂上托与抬腿蹬地需协调一致, 双脚依次下落震踏, 发力沉稳有力。

Key Points: Precisely synchronize arm lifting, right leg lift and leaping of left leg. Execute sequential foot landings with powerful, grounded stomps.



35. 插步开扇 Chā Bù Kāi Shàn Back Crossed Step Fan Opening

(1) 接上势, 右脚向前上步; 同时, 右手持扇 (合扇) 回抽至腰间后向前直刺扇, 左掌指附于右臂内侧; 目视扇前方。(图 87)

(1) From the previous stance, step right foot forward. Simultaneously, the right hand, holding the closed fan, first withdraws to the waist, then thrust it forward, while the left palm adheres to the inner side of the right arm; look to the front in the fan's direction. (Figure 87)



图 87
Fig. 87

(2) 重心前移, 左脚向前跨步, 右脚蹬地发力使身体腾空右转180°, 随即右脚向左后方落地插步, 前脚掌着地; 同时, 右手持扇 (合扇) 由下向右、向上划弧, 在头右上方开扇, 左向左侧立掌推出, 掌心向外, 腕与肩平; 目视左掌方向。(图 88、图 88 附图)

(2) Shift the body's gravity forward, the left foot advances forward. Push off forcefully with the right foot to execute an 180° aerial body turn, then the right foot immediately executes a Back-Crossed Step towards the rear left with forefoot touching the ground. Simultaneously, the right hand arcs the closed fan upward through the right and opens it above the right forehead, while the left hand executes a vertical palm push leftward, with palm facing outward, wrist at shoulder height; look toward the direction of the left palm. (Figure 88, Figure 88 Alternate View)



图 88
Fig. 88



图 88 附图
Fig. 88 Alternate View

要求: 跳插步与推掌开扇需协调一致, 力达掌根。

Key Points: Synchronize the jumping cross-step with palm-push and fan opening, Channeling power to the root of the palm.

36. 马步刺扇 Mǎ Bù Cì Shàn Horse Stance Fan Thrust

(1) 接上势, 身体向右后转身 180° , 重心右移, 左脚内扣, 随即重心移至左腿, 身体继续右转, 右脚回收至左脚内侧, 脚尖着地; 同时, 右手持扇(开扇)随转身由上向右下落合扇收至腰间; 左随转身由下向左、向上划弧; 目视右方向。(图 89)

(1) From the previous stance, turn the body 180° to the rear right, shifting the body's gravity to the right with the left foot turns inward, after which immediately shift the body's gravity to the left and continue to turn the body to the right, retract the right foot to the inner side of the left foot with forefoot touching the ground; Simultaneously, the right hand arcs the open fan downward to the right and close it while turning, then retract the closed fan to the waist; the left hand, following the turn, arcs upwards from the bottom to the left; look to the right. (Figure 89)



图 89
Fig. 89

(2) 右脚向右前方上步, 脚尖下落, 脚跟外展, 左脚随右脚跟外展滑步, 身体左转90°两腿屈膝半蹲, 成马步; 同时, 右手持扇 (合扇) 从腰间 向右刺扇, 手心向左, 腕与肩平; 左掌经胸前向左横推, 指尖向前, 掌心向外, 腕与肩平; 目视扇前方。(图 90)

(2) Right leg advance a step to the front right, first land with the forefoot then follow by the heel with the heel shuffled outwards, the left foot immediately follow the right heel's shuffle and glides towards the right, turn the body 90° to the left, bend both knees and form a Horse Stance; Simultaneously, thrust the closed fan to the right with the inner palm facing towards left side of the arm, right wrist align with shoulder height; The left palm, passing through the chest front, execute a horizontal palm push towards the left, with the fingers pointing to the front and the face of the palm facing outwards, the left wrist align with left shoulder height; look at the front in the direction of the fan. (Figure 90)



图 90
Fig. 90



要求: 马步转腰与刺扇发劲须协调一致, 力达扇骨顶端。

Key Points: Coordinate horse stance's waist-rotation with fan thrust to unify power generation. Power exerts at the tip of the fan.

37. 跟步横击扇 Gēn Bù Héng Jī Shàn Follow-up Step Horizontal Fan Strike

(1) 接上势, 重心左移, 身体左转, 右脚提起; 同时, 右手持扇 (合扇) 由右向下、向左上平托于胸前, 手心向内, 左掌指合于右前臂内侧; 目视前方。(图 91)

(1) From the previous stance, shift body's gravity to the left, turn the body to the left and lift the right leg. Simultaneously, the right hand lifts the closed fan from the right, downwards, to the left and position it horizontally in front of the chest, with the inner palm of the right hand facing inwards. Tap the left fingers lightly on the inner side of the right forearm; look to the front. (Figure 91)



图 91
Fig. 91

(2) 右脚落地震脚, 身体微右转, 随即左脚向左前方上步; 同时, 右手持扇 (合扇) 与左手快速收至右腰间; 目视前方。(图 92)

(2) The right foot stomps down as the body turns slightly right and the left foot immediately advances to the front left after the stomp; Simultaneously, swiftly withdraw both hands (with right hand holding the closed fan) to the right waist; look to the front. (Figure 92)



图 92
Fig. 92

(3) 右脚跟进半步踏实, 成跟步; 同时, 右手持扇 (合扇) 经胸前向左前横向击打, 腕与肩平, 扇身呈水平; 左掌指附于右前臂内侧; 目视前方。(图 93)

(3) Right foot moves half a step in and stand firm to form a Follow-up Step. Simultaneously, hold the closed fan in a reversed fist manner and strike it to the front left across the chest, with wrist at shoulder height and body of the fan at horizontal level, the left palm lightly adheres to the inner side of the right forearm; look to the front towards the striking direction. (Figure 93)



图 93
Fig. 93

要求: 跟步与横击扇需协调一致。

Key Points: The follow-up step and horizontal fan strike must be synchronized.



38. 行步抹扇 Xíng Bù Mǒ Shàn Arc-advancing Step Fan Wipe

(1) 接上势, 重心移至左腿, 身体右转, 右脚向右后方上步, 随即左脚向右脚前方弧形上步, 脚尖内扣; 同时, 右手持扇 (合扇) 向外平展开扇, 随身体右转平抹, 腕与肩平, 扇沿向外; 左掌指附于右前臂; 目视扇前方。(图 94-95)

(1) From the previous stance, shift center of gravity to the left leg, turn the body to the right, right foot advance a step towards the rear right, then the left foot immediately follow up and takes a curving step in front of the right foot, with left toes tilting inwards; Simultaneously, the right hand, holding the closed fan, open it horizontally outwards, and execute a horizontal fan wiping while turning the body to the right, with the right wrist levelled with shoulder height and the edge of the fan pointing horizontally outwards; left fingers lightly contacting the right forearm; look to the front and in the direction of the fan. (Figures 94-95)



图 94
Fig. 94



图 95
Fig. 95

(2) 身体继续右转, 右脚后撤, 成半马步; 同时, 右手持扇(开扇)随身体转动屈肘回抽至右胸前, 扇沿垂直向前, 左掌指附于右手腕, 目视前方。(图 96)

(2) Continue to turn right, the right foot retreat to form a semi horse stance; Simultaneously, bend the right elbow and retract the opened fan to the chest front, with the edge of the fan vertically pointing to the front while the left fingers maintain light contact with the right forearm; look to the front. (Figure 96)



图 96
Fig. 96

要求:行步转身平稳流畅,右脚上步与开扇同步完成;屈肘回抽与撤步协调一致。

Key Points: Execute advancing steps and turns with fluent stability. Open the fan concurrently with the advancing of the first right step. Synchronize the withdrawal of fan to chest front with the retreating of right foot.

39. 仆步捧扇 Pū Bù Pěng Shàn Crouching Stance Upholding Fan

(1) 接上势,重心前移,身体左转;同时,右手持扇(开扇)由后向前平带合扇,左手由右向左向前平抹,两手同时合于体前,腕与胸平;目视扇前方。(图 97)

(1) From the previous stance, shift body's gravity forward, turn body to the left. Simultaneously draw the open fan horizontally forward and close it, the left hand glides and wipes to the left front from the right, both hands meet and position in front of the body, both wrists at chest level; look to the front and in the fan's direction. (Figure 97)



图 97
Fig. 97



(2) 重心后移, 左脚尖内扣, 右腿屈膝全蹲, 左腿平铺伸直, 全脚掌着地, 成仆步; 同时, 右手持扇 (合扇) 与左手回带于腹前, 扇身呈水平, 左掌捧于右手背; 目视前方。(图 98、图 98 附图)

(2) Shift body's gravity backward, pivoting left toes inward as the right knee bends fully into a full squat, extend and straighten the left leg with full sole grounded to form a crouching stance. Simultaneously lower both hands (with right holding closed fan) to abdomen level with left palm supporting the back of the right hand and the body of the fan at a horizontal line; look to the front. (Figure 98, Figure 98 Alternate View)



图 98
Fig. 98



图 98 附图
Fig. 98 Alternate View

要求: 仆步与捧扇需协调一致。

Key Points: Crouching stance with fan hold must be synchronized.

40. 收势 Shōu Shì Ending Position

(1) 接上势, 重心上移身体微右转; 同时, 左手接扇, 扇骨贴于前臂, 右掌收至右腰间; 目视左手方向。(图 99)

(1) From the previous stance, elevate the center of gravity with a slight right body turn. Simultaneously, the left hand receives the fan with the fan's ribs adhering to the left forearm, while the right palm withdraws to the right waist; look toward the direction of the left hand. (Figure 99)



图 99
Fig. 99



(2) 左脚尖外展, 重心左移, 右脚上步与左脚平行; 同时, 左手持扇 (合扇) 由右向前划弧下落至左胯旁, 右手由后向右向前平行划弧至右胸前, 掌心向下; 目视前方。(图 100)

(2) Pivot left toes outward, shift body's gravity to the left, right foot steps forward to align parallel with left foot. Simultaneously, the left hand arcs the closed fan forward from the right to descend it to side of the left hip, while the right palm sweeps horizontally forward from the rear, through the right, and position it at the right chest's front; look to the front. (Figure 100)



图 100
Fig. 100

(3) 重心上移, 两腿伸直; 右掌下落按至右胯旁, 左脚收回与右脚并步站立, 双臂自然垂于体侧; 目视前方。(图 101-102)

(3) Elevate the center of gravity with both legs naturally straighten. The right palm presses down to the side of the right hip as the left foot withdraws to stand together with the right foot, both arms hanging naturally at the sides; look to the front. (Figures 101-102)



图 101
Fig. 101

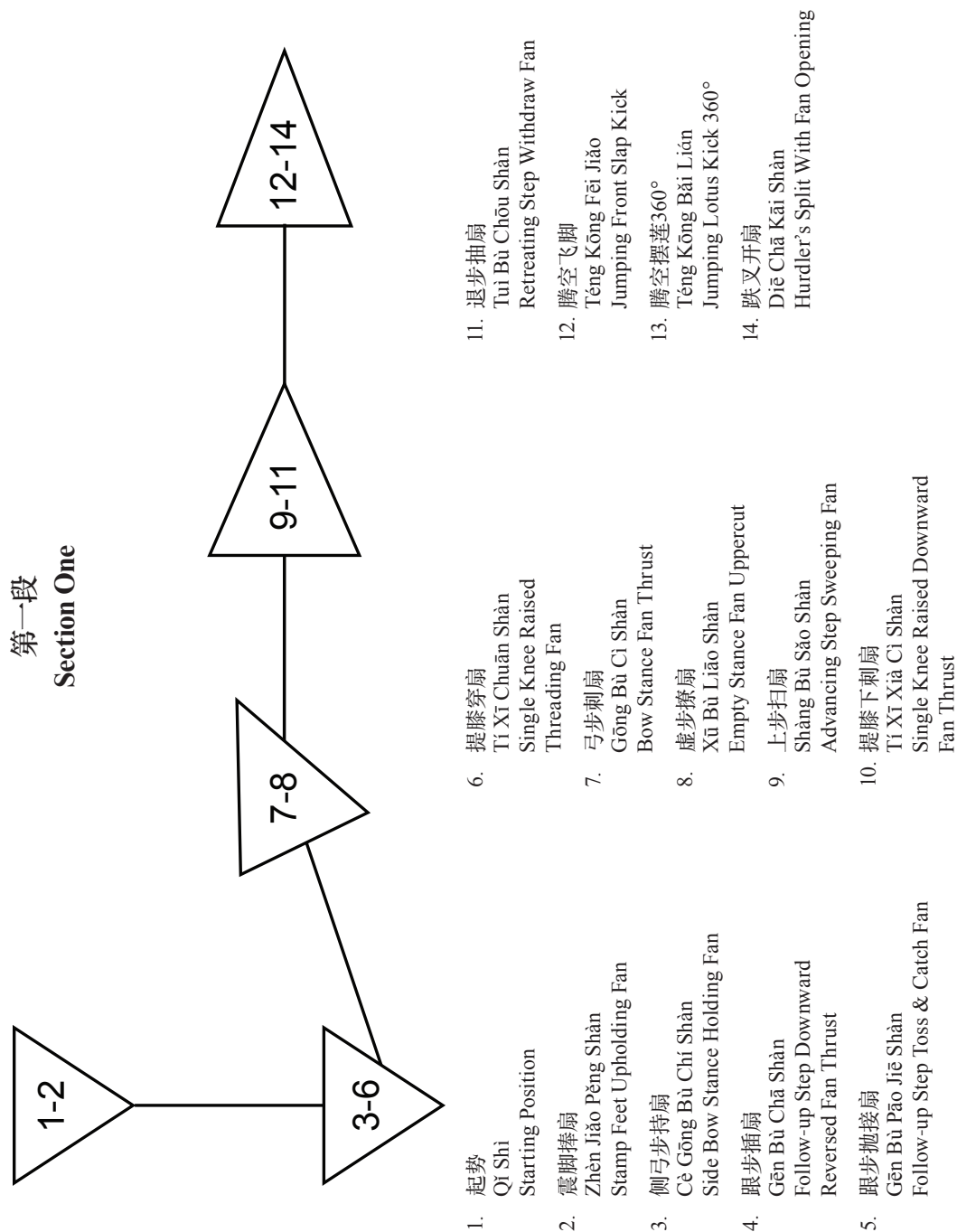


图 102
Fig. 102

要求: 中正圆活, 轻灵沉稳, 平和自然。

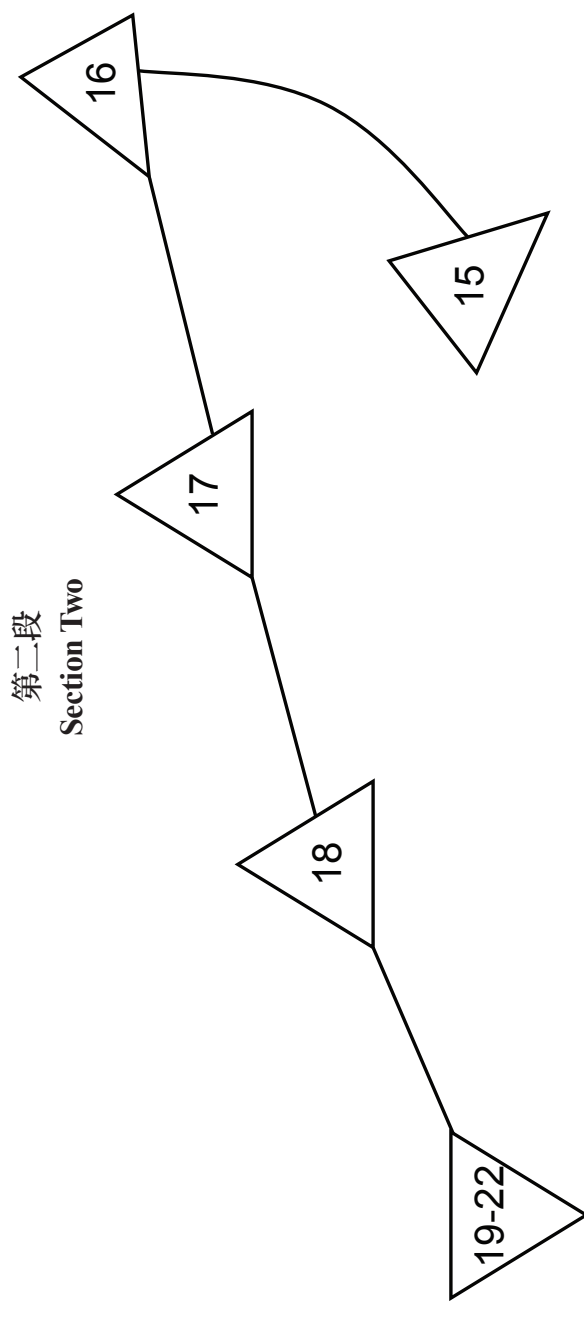
Key Points: Maintain upright posture, agile yet grounded, naturally composed.

四、太极扇竞赛套路动作路线示意图 Schematic of Movement Routes of Taijishan Routine



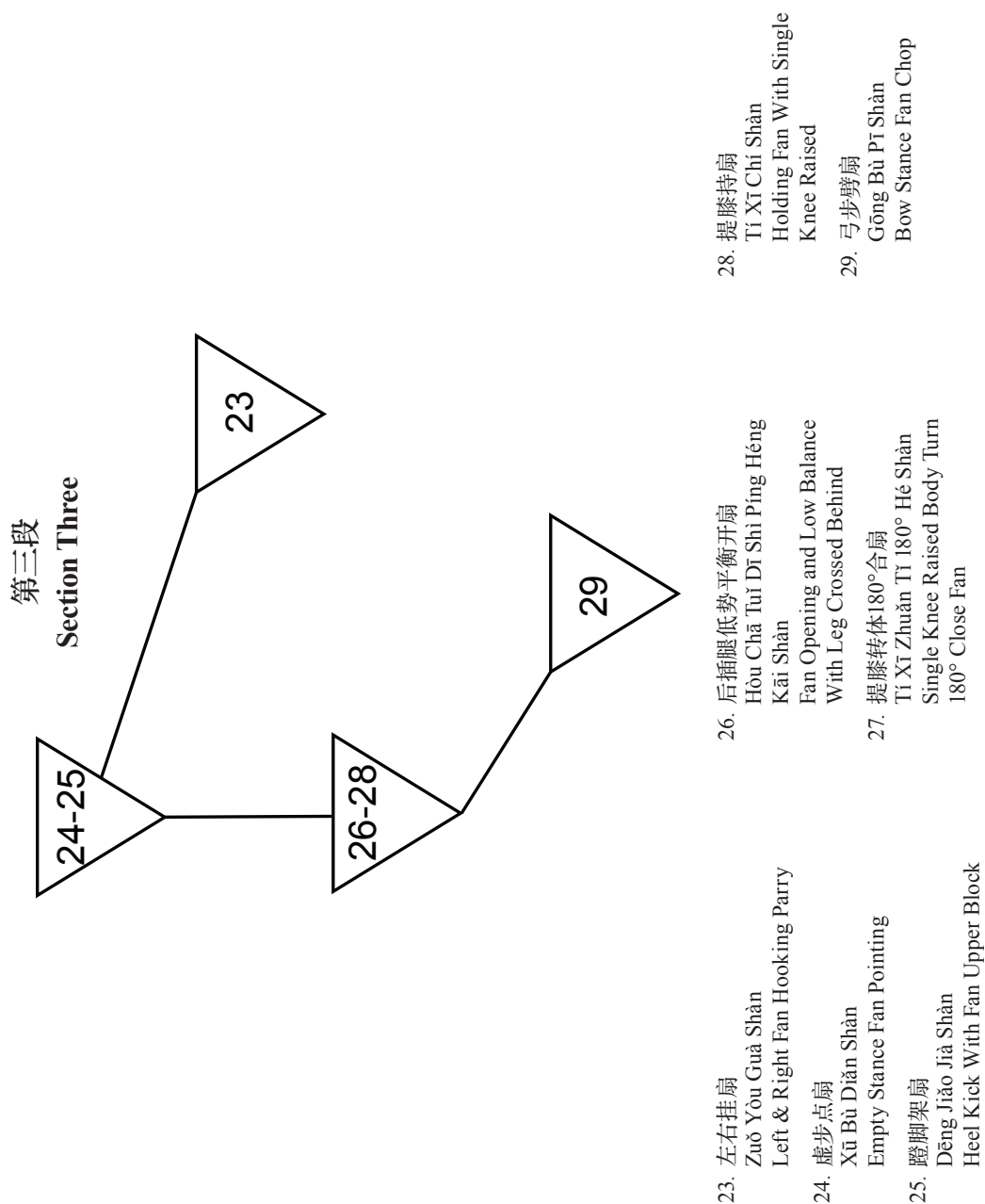


四、太极扇竞赛套路动作路线示意图 Schematic of Movement Routes of Taijishan Routine



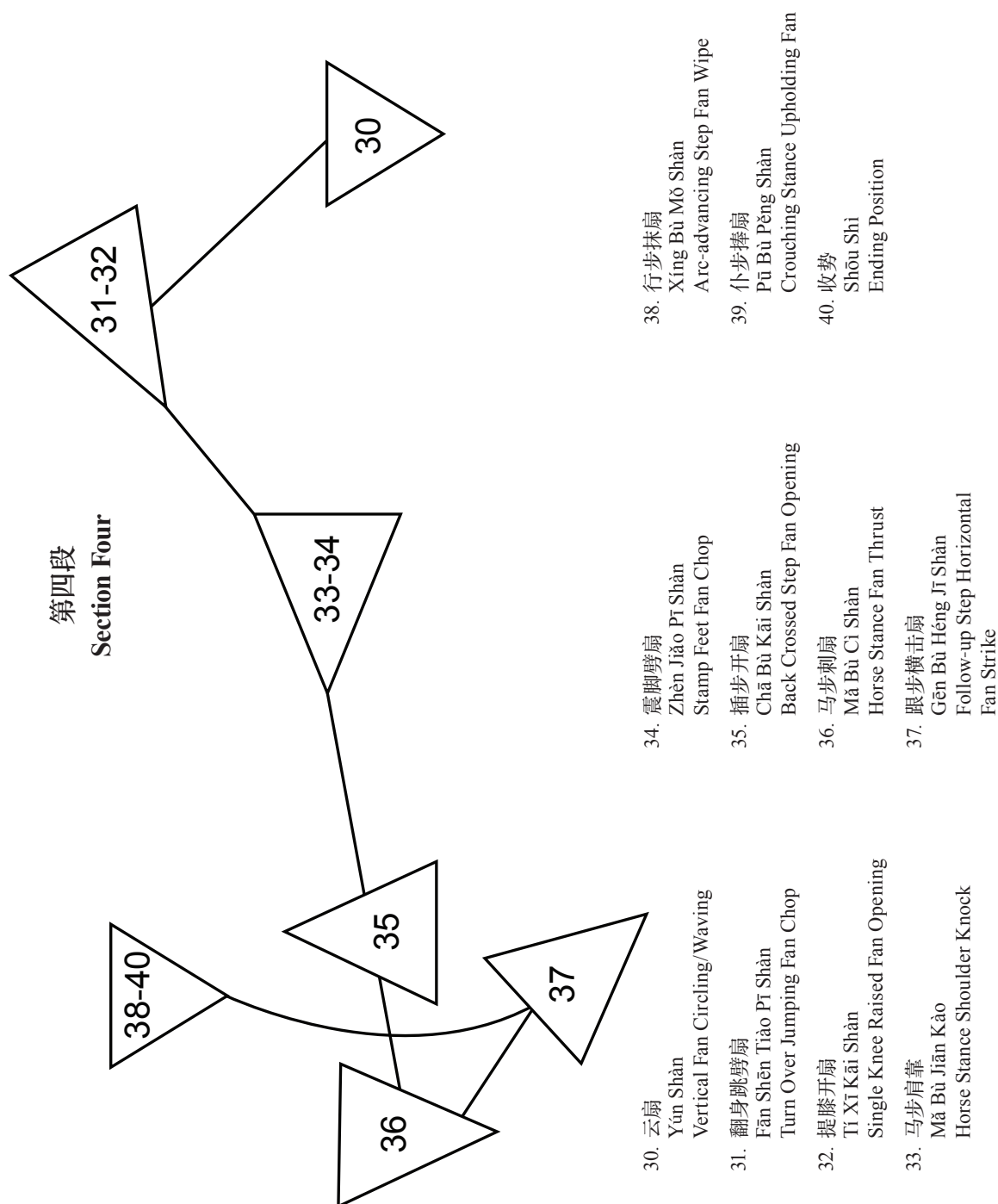
- | | | |
|---|--|--|
| 15. 跟步开扇
Gēn Bù Kāi Shàn
Follow-up Step Fan Opening | 18. 进步绞扇
Jìn Bù Jiǎo Shàn
Forward Step Fan Enveloping | 21. 旋风脚180°开扇
Xuàn Fēng Jiǎo 180° Kāi Shàn
Tornado Kick 180° Fan Opening |
| 16. 转身反持扇
Zhuǎn Shēn Fǎn Chí Shàn
Body Turn Reverse Fan Grip | 19. 弓步推扇
Gōng Bù Tuī Shàn
Bow Stance Fan Push | 22. 提膝抱扇
Tí Xī Bào Shàn
Single Knee Raised Fan |
| 17. 歇步压扇
Xiē Bù Yā Shàn
Cross-legged Crouching Stance Fan Press | 20. 提膝上刺扇
Tí Xī Shàng Cì Shàn
Single Knee Raised Upward Fan Thrust | Ward-off With Arms Embraced |

四、太极扇竞赛套路动作路线示意图





四、太极扇竞赛套路动作路线示意图 Schematic of Movement Routes of Taijishan Routine



五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan

太极扇套路动作连续演示图
Continuous Demonstration Diagrams of Movements for Taijishan



图 1
Fig. 1



图 2
Fig. 2

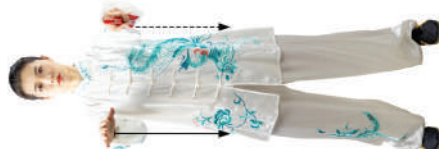


图 3
Fig. 3



图 4
Fig. 4



图 5
Fig. 5

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 6
Fig. 6



图 7
Fig. 7



图 8
Fig. 8



图 9
Fig. 9



图 10
Fig. 10

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 11
Fig. 11



图 12
Fig. 12



图 13
Fig. 13



图 14
Fig. 14



图 15
Fig. 15



五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 16
Fig. 16



图 17
Fig. 17



图 18
Fig. 18



图 19
Fig. 19



图 20
Fig. 20

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 21
Fig. 21



图 22
Fig. 22



图 23
Fig. 23



图 24
Fig. 24



图 25
Fig. 25

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 26
Fig. 26



图 27
Fig. 27



图 28
Fig. 28



图 29
Fig. 29



图 30
Fig. 30

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 31
Fig. 31

图 32
Fig. 32

图 33
Fig. 33

图 34
Fig. 34

图 35
Fig. 35



五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 36
Fig. 36



图 37
Fig. 37



图 38
Fig. 38



图 39
Fig. 39



图 40
Fig. 40

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 41
Fig. 41



图 42
Fig. 42



图 43
Fig. 43



图 44
Fig. 44



图 45
Fig. 45

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 46
Fig. 46



图 47
Fig. 47



图 48
Fig. 48



图 49
Fig. 49



图 50
Fig. 50

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 51
Fig. 51



图 52
Fig. 52

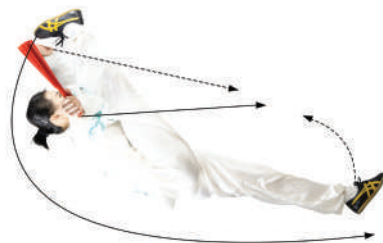


图 53
Fig. 53



图 54
Fig. 54



图 55
Fig. 55

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 56
Fig. 56



图 57
Fig. 57



图 58
Fig. 58



图 59
Fig. 59



图 60
Fig. 60

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan

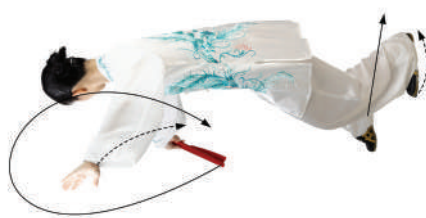


图 61
Fig. 61



图 62
Fig. 62



图 63
Fig. 63



图 64
Fig. 64



图 65
Fig. 65

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan

太极扇套路动作连续演示图
Continuous Demonstration Diagrams of Movements for Taijishan

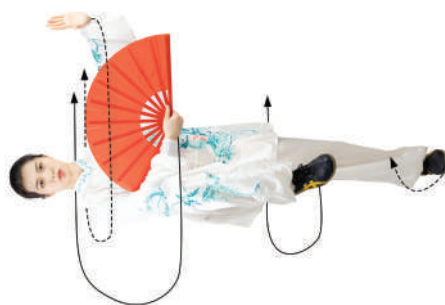


图 66
Fig. 66



图 67
Fig. 67



图 68
Fig. 68

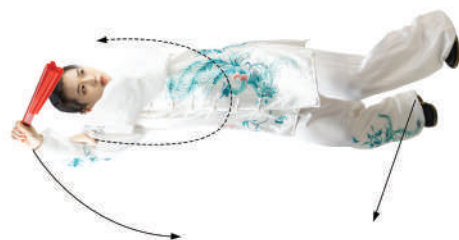


图 69
Fig. 69



图 70
Fig. 70

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 71
Fig. 71



图 72
Fig. 72



图 73
Fig. 73



图 74
Fig. 74



图 75
Fig. 75

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 76
Fig. 76



图 77
Fig. 77



图 78
Fig. 78



图 79
Fig. 79



图 80
Fig. 80

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 81
Fig. 81



图 82
Fig. 82



图 83
Fig. 83



图 84
Fig. 84



图 85
Fig. 85

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 86
Fig. 86



图 87
Fig. 87



图 88
Fig. 88



图 89
Fig. 89



图 90
Fig. 90

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 91
Fig. 91



图 92
Fig. 92



图 93
Fig. 93



图 94
Fig. 94



图 95
Fig. 95

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 96
Fig. 96



图 97
Fig. 97



图 98
Fig. 98



图 99
Fig. 99



图 100
Fig. 100

五、太极扇套路动作连续演示图 Continuous Demonstration Diagrams of Movements for Taijishan



图 101
Fig. 101



图 102
Fig. 102





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