

吳家太極拳 一百零八式 Wu Style Tai Chi 108 Forms

1	太極起式	Beginning form	55	斜撲膝拗步	Oblique brush knee & twist step
2	提手上勢	Raise hand & step up	56	轉身撲膝拗步	Turn body brush knee & twist step
3	手揮琵琶	Hands strum the lute	57	攬雀尾	Grasping the bird' tail
4	攬雀尾	Grasping the bird' tail	58	斜單鞭	Single whip
5	單鞭	Single whip	59	手揮琵琶	Hands strum the lute
6	小斜飛	Small flying oblique style	60	野馬分鬃	Parting the wild horse mane
7	提手上勢	Raise hand & step up	61	手揮琵琶	Hands strum the lute
8	白鶴晾翅	White stork flaps its wings	62	野馬分鬃	Parting the wild horse mane (x3)
9	撲膝拗步	Brush knee twist step (x4)	63	手揮琵琶	Hands strum the lute
10	手揮琵琶	Hands strum the lute	64	野馬分鬃	Parting the wild horse mane
11	進步搬攔捶	Step up diverting & blocking fist	65	玉女穿梭	Jade girl works at the shuttle (x2)
12	如封似閉	As if closing up	66	手揮琵琶	Hands strum the lute
13	抱虎歸山	Embrace tiger & return to mountain	67	野馬分鬃	Parting the wild horse mane
14	十字手	Cross hands	68	玉女穿梭	Jade girl works at the shuttle (x2)
15	斜撲膝拗步	Oblique brush knee & twist step	69	攬雀尾	Grasping the bird' tail
16	轉身撲膝拗步	Turn body brush knee & twist step	70	單鞭	Single whip
17	攬雀尾	Grasping the bird's tail	71	云手	Cloud hands
18	斜單鞭	Oblique single whip	72	單鞭	Single whip
19	肘底看捶	Fist under elbow	73	下勢	Downward Posture
20	倒單鞭	Step back repulse monkey (x3)	74	左金雞獨立	Left golden cockerel stand on one leg
21	斜飛勢	Flying oblique style	75	右金雞獨立	Right golden cockerel stand on one leg
22	提手上勢	Raise hand & step up	76	倒單鞭	Step back & repulse monkey
23	白鶴晾翅	White stork flaps its wings	77	斜飛勢	Flying oblique style
24	撲膝拗步	Brush knee twist step	78	提手上勢	Raise hand & step up
25	海底針	Needle at the bottom of the sea	79	白鶴晾翅	White stork flaps its wings
26	扇通背	Fan through the back	80	撲膝拗步	Brush knee twist step
27	翻身撇身	Turn body & punch	81	海底針	Needle at the bottom of the sea
28	退步搬攔捶	Step back diverting & blocking punch	82	扇通背	Fan through the back
29	上步攬雀尾	Step up grasping the bird' tail	83	翻身撇身捶	Turn body parry & punch
30	單鞭	Single whip	84	上步搬攔捶	Step up diverting & blocking punch
31	云手	Cloud hands	85	上步攬雀尾	Step forward grasping the bird's tail
32	單鞭	Single whip	86	單鞭	Single whip
33	左高探馬	Left high pat the horse	87	云手	Cloud hands
34	右分腳	Right parting leg	88	單鞭	Single whip
35	右高探馬	Right high pat the horse	89	高探馬	High pat the horse
36	左分腳	Left parting leg	90	撲面掌	Slap face with palm
37	轉身蹬腳	Turn body pedaling foot	91	轉身單擺捶	Turn body single lotus kick
38	撲膝拗步	Brush knee twist step (x2)	92	撲膝拗步	Brush knee & twist step
39	進步栽捶	Step up planting punch	93	上步指襠捶	Step up pointing to the crotch punch
40	翻身撇身捶	Turn body parry & punch	94	上步攬雀尾	Step forward grasping the bird's tail
41	上步高探馬	High pat the horse	95	單鞭	Single whip
42	右分手	Open hands	96	下勢	Downward Posture
43	一起腳	First kick	97	上步七星	Step up form seven stars
44	退步七星	Retreat to form seven stars	98	退步跨虎	Step back to ride the tiger
45	退步打虎	Retreat to beat the tiger	99	轉身撲面掌	Turn body and hit face with palm
46	二起腳	Second kick	100	轉身雙擺捶	Turn body double lotus kick
47	雙峰貫耳	Strike ears with double fists	101	彎弓射虎	Cure the bow to shoot the tiger
48	披身踢腳	Kick & turn body	102	高探馬	High pat the horse
49	轉身蹬腳	Turn body pedaling foot	103	撲面掌	Slap face with palm
50	高探馬	High pat the horse	104	翻身撇身捶	Turn body parry & punch
51	上步搬攔捶	Step up diverting & blocking punch	105	上步高探馬	Step up high pat the horse
52	如封似閉	As if closing up	106	上步攬雀尾	Step forward grasping the bird's tail
53	抱虎歸山	Embrace tiger & return to mountain	107	單鞭	Single whip
54	十字手	Cross hands	108	合太極	Ending form