

## List Of The Postures Of Wu Style Gah Gee

1. **TAI GEK HOII SEC**  
(Tai Chi Beginning)  
太極開式
2. **TSHUT SING SAI**  
(Seven Star Stance)  
七星勢
3. **LUM JUK MEI**  
(Caress Bird's Tail)  
攬雀尾
4. **DUN BIN**  
(Single Whip)  
單鞭
5. **CHER FAY SAI**  
(Slant Flying)  
斜飛勢
6. **TAI SAO SHEUNG SAI**  
(Raise Hand, Step Up)  
提手上勢
7. **BOK HOK LEUNG CHI**  
(White Crane Spreads Wings)  
白鶴亮翅
8. **SOP TZI SAO**  
(Cross Hands)  
十字手
9. **LAO SOP OW BO**  
(Brush Knee, Twist Step)  
樓膝拗步
10. **SAO FAI PEI PA**  
(Strum The Lute)  
手揮琵琶
11. **LAO SOP OW BO**  
(Brush Knee Twist Step)  
樓膝拗步
12. **SEUNG BO POON LAN CHOY**  
(Step In, Cut, Block Punch)  
上步搬攔垂
13. **YUEH FUNG CHI BY**  
(Apparently Close Up)  
如封似閉
14. **PO FU GWAI SAN**  
(Embrace Tiger, Return To Mountain)  
抱虎歸山
15. **SOP TZI SAO**  
(Cross Hands)  
十字手
16. **LAO SOP OW BO**  
(Brush Knee, Twist Step)  
斜樓膝拗步
17. **SAO FAI PEI PA**  
(Strum The Lute)  
手揮琵琶
18. **GIN SUN LAO SOP OW BO**  
(Change Direction, Brush Knee,  
Twist Step)  
轉身樓膝拗步
19. **LUM JUK MEI**  
(Caress Bird's Tail)  
攬雀尾
20. **CHER DUN BIN**  
(Diagonal Single Whip)  
斜單鞭
21. **JOW DAI HORN CHOY<sup>4</sup>**  
(Fist Under Elbow)  
肘底看捶
22. **DO LIN HOU**  
(Repulsing Monkey)  
倒豎猴
23. **CHER FAY SAI**  
(Diagonal Flying Stance)  
斜飛勢
24. **TAI SAO SHEUNG SAI**  
(Raise Hand, Step Up)  
提手上勢
25. **BOK HOK LEUNG CHI**  
(White Crane Spreads Its Wings)  
白鶴亮翅
26. **SOP TZI SAO**  
(Cross Hands)  
十字手
27. **LAO SOP OW BO**  
(Brush Knee, Twist Step)  
樓膝拗步
28. **HOY DAI JUM**  
(Needle At The Bottom Of The Sea)  
海底針
29. **SIN TUNG BEI**  
(Fan Through Back Of Mountain)  
扇通背
30. **PEK SUN CHOY**  
(Whipping And Pressing Fist)  
撒身捶
31. **TOII BO POON LAN CHOY**  
(Step Back, Cut, Block, Punch)  
退步搬攔垂
32. **SEUNG BO LUM JUK MEI**  
(Step In, Caress The Bird's Tail)  
上步攬雀尾
33. **DUN BIN**  
(Single Whip)  
單鞭
34. **WUAN SAO**  
(Move Like Clouds)  
雲手
35. **DUN BIN**  
(Single Whip)  
單鞭
36. **GO TAM MA**  
(Test Horse From Above)  
高探馬

37. **YAO FUN GUERK**  
(Separate Kick Right)  
右分脚
38. **GO TAM MA**  
(Test Horse From Above)  
高探馬
39. **JAW FUN GUERK**  
(Separate Foot Left)  
左分脚
40. **GIN SUN DUNG GUERK**  
(Change Direction, Heel Kick)  
轉身蹬脚
41. **LAO SOP OW BO**  
(Brush Knee Twist Step)  
擻膝拗步
42. **SEUNG BO JOII CHOY**  
(Step In With Killing Punch)  
上步栽捶
43. **FAAN SUN ON**  
(Turn, Press Down)  
反身按
44. **GO TAM MA**  
(Test Horse From Above)  
高探馬
45. **YAO DUNG GUERK**  
(Separate Kick, Right)  
右蹬脚
46. **TOII BO PAW MIN JEUNG**  
(Step Back, Deliver Sudden Palm To Face)  
退步撲面掌
47. **DA FU SAI**  
(Fighting Tiger Stance)  
打虎勢
48. **CHIN DUNG GUERK**  
(Front Heel Kick)  
前蹬脚
49. **SEUNG FUNG GOON YEE**  
(Twin Mountain Peaks Strike The Ears)  
雙峯貫耳
50. **PEI SUN TEH GUERK**  
(Diagonal Side Kick)  
披身踢脚
51. **GIN SUN DUNG GUERK**  
(Change Direction, Heel Kick)  
轉身蹬脚
52. **FAAN SUN ON**  
(Turn, Press Down)  
反身按
53. **SEUNG BO POON LAN CHOY**  
(Step In, Cut, Block, Punch)  
上步搬攔捶
54. **YUEH FUNG CHI BY**  
(Apparently Closed Up)  
如封似閉
55. **PO FU GWAI SAN**  
(Embrace Tiger, Return To Mountain)  
抱虎歸山
56. **SOP TZI SAO**  
(Cross Hands)  
十字手
57. **LAO SOP OW BO**  
(Brush Knee, Twist, Step)  
擻膝拗步
58. **SAO FAI PEI PA**  
(Strum The Lute)  
手揮琵琶
59. **GIN SUN LAO SOP OW BO**  
(Change Direction, Brush Knee, Twist Step)  
轉身擻膝拗步
60. **LUM JUK MEI**  
(Caress Bird's Tail)  
攬雀尾
61. **DUN BIN**  
(Single Whip)  
單鞭
62. **YEAH MA FUN CHUNG**  
(Part Wild Horse's Mane)  
野馬分鬃
63. **YAWK NOI CHUEN SAW**  
(Fair Maiden Works The Shuttles)  
玉女穿梭
64. **GIN SUN YAWK NOI CHUEN SAW**  
(Change Direction, Fair Maiden Works Shuttles)  
轉身玉女穿梭
65. **YAAH MA FUN CHUNG**  
(Part Wild Horse's Mane)  
野馬分鬃
66. **YAWK NOI CHUEN SAW**  
(Fair Maiden Works The Shuttles)  
玉女穿梭
67. **GIN SUN YAWK NOI CHUEN SAW**  
(Change Direction, Fair Maiden Works Shuttles)  
轉身玉女穿梭
68. **LUM JUK MEI**  
(Caress Bird's Tail)  
攬雀尾
69. **DUN BIN**  
(Single Whip)  
單鞭
70. **WUAN SAO**  
(Move Like Clouds)  
雲手
71. **DUN BIN**  
(Single Whip)  
單鞭
72. **HA SAI**  
(Drop Stance)  
下勢

73. JAW GUM GAI DOK LUB  
(Golden Cock Stands On One Leg)  
左金雞獨立
74. YAO GUM GAI DOK LUB  
(Golden Cock Stands On One Leg,  
Left)  
右金雞獨立
75. DO LIN HOU  
(Repulsing Monkey)  
倒犛猴
76. CHENG MIN CHER FAY SAI  
(Front Diagonal Flying Stance)  
正面斜飛勢
77. TAI SAO SHEUNG SAI  
(Raise Hand Step Up Stance)  
提手上勢
78. BOK HOK LEUNG CHI  
(White Crane Displays Its Wings)  
白鶴亮翅
79. SOP TZI SAO  
(Cross Hands)  
十字手
80. LAO SOP OW BO  
(Brush Knee, Twist Step)  
擻膝拗步
81. HOY DAI DJUM  
(Pick Needle From Bottom Of Sea)  
海底針
82. SIN TUNG BEI  
(Fan Through Back Of Mountain)  
扇通背
83. PEK SUN CHOY  
(Whipping And Pressing Fist)  
撇身捶
84. SEUNG BO POON LAN CHOY  
(Step In Cut, Block, Punch)  
上步搬攔捶
85. SEUNG BO LUM JUK MEI  
(Step In, Caress The Bird's Tail)  
上步攬雀尾
86. DUN BIN  
(Single Whip)  
單鞭
87. WUAN SAO  
(Move Like Clouds)  
雲手
88. DUN BIN  
(Single Whip)  
單鞭
89. GO TAM MA  
(Test Horse From Above)  
高探馬
90. PAW MIN JEUNG  
(Sudden Palm To The Face)  
撲面掌
91. DON BY LIN  
(Water Lily Kick)  
單擺蓮
92. LAO SOP OW BO  
(Brush Knee Twist Step)  
擻膝拗步
93. SEUNG BO LAO SOP GEE  
DONG CHOY  
(Step In Brush, Knee, Palm  
Protect The Fist)  
上步擻膝指襠捶
94. SEUNG BO LUM JUK MEI  
(Step In, Caress Bird's Tail)  
上步攬雀尾
95. DUN BIN  
(Single Whip)  
單鞭
96. HA SAI  
(Drop Stance)  
下勢
97. SEUNG BO TSHUT SING  
(Step Up To Seven Stars)  
上步七星
98. TOII BO QUA FU  
(Jump Astride The Tiger)  
退步跨虎
99. GIN SUN DUNG GUERK  
(Change Direction, Heel Kick)  
轉身蹬脚
100. PAW MIN JEUNG  
(Sudden Palm To Face)  
撲面掌
101. SEUNG BY LIN  
(Two Water Lillies Kick)  
雙擺蓮
102. WAN KUNG SER FU  
(The Drawn Bow Shoots The Tiger)  
彎弓射虎
103. PAW MIN JEUNG  
(Sudden Palm To The Face)  
撲面掌
104. FAAN SUN ON  
(Turn, Press Down)  
反身按
105. GO TAM MA  
(Test Horse From Above)  
高探馬
106. DAI LUM JUK MEI  
(Great Caress The Bird's Tail)  
大攬雀尾
107. DUN BIN  
(Single Whip)  
單鞭
108. HOP TAI GEK  
(Closing Tai Chi Chuan)  
合太極