



精英太極坊
Elite Taiji Club

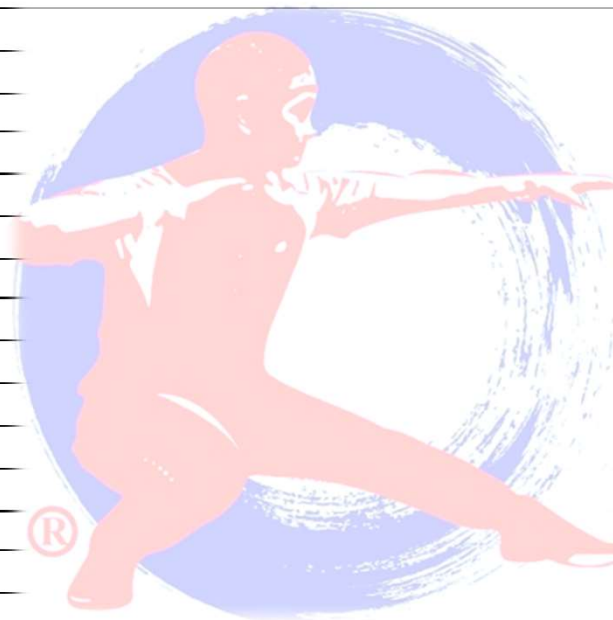
精要十八式

Basic 18 Forms

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Form	Traditional Chinese	Verbatim English	Free Translation English	Espanol translation/Class remarks
1	太極起式	Tai ji qi shi	Commencing form	
2	金剛搗碓	Jin Gang dao dui	Jin Gang pounds mortar	
3	懶扎衣	Lan zha yi	Grasp the robe	
4	六封四閉	Liu feng si bi	Enclose completely	
5	單邊	Dan bian	Single whip	
6	白鶴亮翅	Bai he liang chi	White crane spreads wings	
7	斜行	Xie xing	Step obliquely	
8	擡膝	Lou xi	Lift to withdraw	
9	拗步	Ao bu	Wade forward	
10	掩手肱拳	Yan shou gong quan	Defending punch	
11	高探馬	Gao tang ma	Inspect the horse	
12	左擦腳	Zou ca jiao	Slap left foot	
13	玉女穿梭	Yu nu chuan suo	Lady weaving with a shuttle	
14	雲手	Yun shou	Cloud hands	
15	轉身雙擺蓮	Zhuan shen shuang bai lian	Turn back with lotus kick	
16	當頭炮	Dang tou pao	Head striking fists	
17	金剛搗碓	Jin Gang dao dui	Jin Gang pounds mortar	
18	太極收式	Tai ji Shou shi	Closing form	



Repeat 3-17