

老架一路

Lao Jia Yi Lu

Old frame version -1

Form	Traditional Chinese	Verbatim English	Free Translation English	Espanol translation/Class remarks
1	太極起式	Taiji 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	金剛搗碓	Jin Gang dao dui	Jin Gang pounds mortar	
7	白鶴亮翅	Bai he liang chi	White crane spreads wings	
8	斜行	Xie xing	Step obliquely	
9	擡膝	Lou xi	Lift to withdraw	
10	拗步	Ao bu	Wade forward	
11	斜行	Xie xing	Step obliquely	
12	擡膝	Lou xi	Lift to withdraw	
13	拗步	Ao bu	Wade forward	
14	掩手肱拳	Yan shou gong quan	Defending punch	
15	金剛搗碓	Jin Gang dao dui	Jin Gang pounds mortar	
16	撇身錘	Pie xin chui	Flinging fists	
17	青龍出水	Qing long chu shui	Dragon pops up	
18	雙推掌	Shuang tui shou	Chopping palms	
19	肘底看錘	Zhou di kan chui	View fist from elbow	
20	倒卷肱	Dao juan gong	Step back w/pressing palms	
21	白鶴亮翅	Bai he liang chi	White crane spreads wings	
22	斜行	Xie xing	Step obliquely	
23	擗通背	Shan tong bei	Shoulder throw	
24	掩手肱拳	Yan shou gong quan	Defending punch	
25	六封四閉	Liu feng si bi	Enclose completely	



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26	單邊	Dan bian	Single whip	
27	雲手	Yun shou	Cloud hands	
28	高探馬	Gao tan ma	Inspect the horse	
29	右擦腳	You ca jiao	Slap right foot	
30	左擦腳	Zou ca jiao	Slap left foot	
31	左蹬一腳	Zou den yi jiao	Kick with edge of left foot	
32	前膛拗步	Qian tang ao bu	Wade forward	
33	擊地鎚	Ji di chui	Strike the ground	
34	二起腳	Er qi jiao	Turn around & double kick jump	
35	護心拳	Hu xin chui	Chest guarding fist	
36	旋風腿	Xuan feng tui	Whirlwind kick	
37	右蹬一腳	You deng yi jiao	Kick with edge of right foot	
38	掩手肱拳	Yan shou gong	Defending punch	
39	小擒拿	Xiao qin na	Mini qinna	
40	抱頭推山	Bao tou tui shan	Push the hill with head	
41	六封四閉	Liu feng si bi	Enclose completely	
42	單邊	Dan bian	Single whip	
43	前招	Qian zhao	Lean forward	
44	後招	Hou zhao	Lean backward	
45	野馬分鬃	Ye ma fen zong	Part the horse mane	
46	六封四閉	Liu feng si bi	Enclose completely	
47	單邊	Dan bian	Single whip	
48	玉女穿梭	Yu nu chuan suo	Lady weaving with a shuttle	
49	懶扎衣	Lan zha yi	Grasp the robe	
50	六封四閉	Liu feng si bi	Enclose completely	



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51	單邊	Dan bian	Single whip	
52	雲手	Yun shou	Cloud hands	
53	跌岔	Die Cha	Lotus kick and drop	
54	金雞獨立	Jin ji du li	Rooster stands on one leg	
55	倒卷肱	Dao juan gong	Step back w/pressing palms	
56	白鶴亮翅	Bai he liang chi	Crane spreads wings	
57	斜行	Xie xing	Step obliquely	
58	掄通背	Shan tong bei	Shoulder throw	
59	掩手肱拳	Yan shou gong quan	Defending punch	
60	六封四閉	Liu feng si bi	Enclose completely	
61	單邊	Dan bian	Single whip	
62	雲手	Yun shou	Cloud hands	
63	高探馬	Gao tan ma	Inspect the horse	
64	十字腳	Shi zi jiao	Crossing legs	
65	指襠鎚	Zhi dang chui	Strike groin	
66	白猿探果	Yuan hou tan guo	Ape offers nuts	
67	單邊	Dan bian	Single whip	
68	着地龍	Que di long	Dragon lands ground	
69	上步七星	Shang bu qi xing	Ascend for the Dipper	
70	退步跨虎	Tui bu kua hu	Step back to straddle a tiger	
71	轉身雙擺蓮	Zhuan shen shuang bai lian	Turn back with lotus kick	
72	當頭炮	Dang tou pao	Strike head with fists	
73	金剛搗碓	Jin Gang dao dui	Jin Gang pounds mortar	
74	太極收式	Taiji shou shi	Closing form	

