

太极扇

tàijíshàn

Taiji Fan Form

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|-----|------|-------------------|-----------------------------------|
| 1. | 无极势 | wújíshì | Wuji posture |
| 2. | 右斜飞势 | yòu xié fēi shì | Oblique flying posture (right) |
| 3. | 白鹤亮翅 | báihè liàngchì | White crane spreads its wings |
| 4. | 黄蜂入洞 | huángfēng rùdòng | Wasp enters nest |
| 5. | 哪吒探海 | nézhā tàn hǎi | Nezha probes sea |
| 6. | 金鸡独立 | jīnjī dúlì | Golden rooster stands on one leg |
| 7. | 力劈华山 | lìpī huàshān | Split Huashan mountain |
| 8. | 指点江山 | zhǐdiǎn jiāngshān | Point to rivers and mountains |
| 9. | 灵猫捕蝶 | língmāo bǔdié | Agile cat catches butterfly |
| 10. | 横扫千军 | héngsǎo qiānjūn | Sweep away thousands of enemies |
| 11. | 白虎出山 | bǎihǔ chūshān | White tiger leaps from mountain |
| 12. | 顺水推舟 | shùنشuǐ tuīzhōu | Push boat along with current |
| 13. | 瞻前顾后 | zhānqián gùhòu | Look ahead and back |
| 14. | 单响炮 | dānxiǎngpào | Single bang cannon |
| 15. | 迎风撩衣 | yíngfēng liáoyī | Wind lifts up robe |
| 16. | 蛟龙入水 | jiāolóng rùshuǐ | Rampant dragon plunges into water |
| 17. | 坐马观花 | zuòmǎ guānhuā | Browse flowers on horseback |

18.	仙女掩面	xiānnǚ yǎnmiàn	Fairy covers her face
19.	收转乾坤	shōuzhuàn qiánkūn	Retrieve and rotate heaven and earth
20.	燕子抄水	yànzi chāoshuǐ	Swallow skims over water
21.	猴子摘桃	hóuzi zhāitáo	Monkey picks peach
22.	流星赶月	liúxīng gǎnyuè	Meteo chases the moon
23.	神龙反首	shénlóng fǎnshǒu	Magic dragon looks back
24.	风卷荷叶	fēngjuǎn héyè	Wind sweeps over lotus leaves
25.	金童托印	jīntóng tuōyìn	Golden boy holds seal
26.	乌龙摆尾	wūlóng bǎiwěi	Black dragon swings its tail
27.	鹞子翻身	yàozǐ fānshēn	Sparrow hawk rolls over
28.	上步打虎	shàngbù dǎhǔ	Step forward to strike tiger
29.	神龙反首	shénlóng fǎnshǒu	Magic dragon looks back
30.	叶底采莲	yèdǐ cǎilián	Pluck lotus from below leaves
31.	华佗垂帘	huàtuó chuīlián	Huatuo lowers curtain
32.	黄莺落架	huángyīng luòjià	Yellow warbler lands on stand
33.	风卷荷叶	fēngjuǎn héyè	Wind sweeps over lotus leaves
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40.	千金迈步	qiānjīn màibù	Young girl strolls
41.	双龙戏水	shuānglóng xìshuǐ	Double dragons wind through waves
42.	宿鸟归巢	sùniǎo guīcháo	Bird returns to its nest
43.	霸王举鼎	bà wáng jǔdǐng	Lord pushes up a pod
44.	随风摆柳	suífēng bǎiliǔ	Willow swings in wind
45.	迎风掸尘	yíngfēng dǎnchén	Wind flicks dust
46.	回头一鞭	huítóu yìbiān	Turn back to strike with a whip
47.	翻花舞袖	fānhuā wǔxiù	Toss flowers and wave sleeves
48.	金瓶倒水	jīnpíng dàooshuǐ	Pour water out of golden vase
49.	鱼跃龙门	yúyuè lóngmén	Fish leaps over dragon gate
50.	鹰蛇斗法	yīngshé dòufǎ	Hawk and snake tussle
51.	神鹰觅食	shényīng mìshí	Magic hawk preys
52.	饿虎扑食	èhǔ pūshí	Hungry tiger springs on its prey
53.	霸王举鼎	bàwáng jǔdǐng	Lord pushes up a pod
54.	倒卷肱	dàojuǎngōng	Step back and whirl arms
55.	白蛇吐信	báishé tǔxìn	White snake spits out its tongue

56.	歇步架打	xièbù jiàdǎ	Fend off a strike in resting stance
57.	左撞金钟	zuǒzhuàng jīnzhōng	Strike gold bell (left)
58.	偷步撩阴	tōubù liáoyīn	Strike groin on a hidden backward step
59.	怀中藏月	huáizhōng cángyuè	Hide the moon in bosom
60.	金龙狂舞	jīnlóng kuángǔ	Golden dragon dances in rage
61.	拨草寻蛇	bōcǎo xúnshé	Poke grass to seek snakes
62.	白猿献果	báiyuán xiànguǒ	Ape offers fruit
63.	瞻前顾后	zhānqián gùhòu	Look ahead and back
64.	单响炮	dānxiǎngpào	Single bang cannon
65.	凤凰点头	fènghuáng diǎntóu	Phoenix nods
66.	策马扬鞭	cèmǎ yángbiān	Flourish whip to spur horse
67.	高探马	gāotànmǎ	High pat horse
68.	手抱乾坤	shǒubào qiánkūn	Hands embrace heaven and earth
69.	野马翻身	yěmǎ fānshēn	Wild horse rolls over
70.	雀地龙	quèdìlóng	Snake creeps down
71.	狮子开口	shīzi kāikǒu	Lion opens its mouth
72.	十字摆莲脚	shízi bǎiliánjiǎo	Cross lotus kick
73.	大鹏展翅	dàpéng zhǎnchì	Roc spreads its wings
74.	伏击势	fújīshì	Ambushing posture

75.	乌龙摆尾	wūlóng bǎiwěi	Black dragon swings its tail
76.	金童护宝	jīntóng hùbǎo	Golden boy protects treasure
77.	仙人指路	xiānrén zhǐlù	Immortal points way
78.	螳螂捕蝉	tánglang bǔchán	Mantis stalks a cicada
79.	蹬一根	dēngyīgēn	Heel kick
80.	贵妃敬酒	guìfēi jìngjiǔ	Madam proposes a toast
81.	蟠龙势	pánlóng shì	Dragon curling up posture
82.	仙女捧盘	xiānnǚ pěngpán	Fairy hands out a plate
83.	美人照镜	měirén zhàojìng	Beauty looks into mirror
84.	千金迈步	qiānjīn màibù	Young girl strolls
85.	金瓶倒水	jīnpíng dàoishuǐ	Pour water out of golden vase
86.	白蛇吐信	báishé tǔxìn	White snake spits out its tongue
87.	流星赶月	liúxīng gǎnyuè	Meteor chases the moon
88.	神龙反首	shénlóng fǎnshǒu	Magic dragon looks back
89.	天女散花	tiānnǚ sànhuā	Heavenly maids scatters blossoms
90.	金童托印	jīntóng tuōyìn	Golden boy holds seal
91.	秋风扫落叶	qiūfēng cǎo luòyè	Autumn wind sweeps fallen leaves
92.	苏秦背剑	sūqín bēijiàn	Suqin bears sword on his back
93.	斜飞势	xié fēishì	Oblique flying posture

94.	白猿献果	báiyuán xiànguǒ	White ape offers fruit
95.	歇步擒打扇	xiēbù qíndǎ shàn	Capture and strike with fan in resting stance
96.	倒挂金钟	dàoguà jīnzhōng	Hang golden bell upside down
97.	燕子抄水	yànzi chāoshuǐ	Swallow skims over water
98.	霸王扬旗	bàwáng yángqí	Lord flaps flag
99.	鸣金收兵	míngjīn shōubīng	Clang gongs to withdraw army
100.	手抱乾坤	shǒubào qiánkūn	Hands embrace heaven and earth
101.	左斜飞势	zuǒ xié fēishì	Oblique flying posture (left)
102.	七星手	qīxīngshǒu	Severn star hand
103.	意回丹田	yìhuí dāntián	Spirit returns to Dantian