

傳統楊式太極拳 85 式拳譜

第一段

- 1 預備式
- 2 起勢
- 3 攬雀尾
- 4 單鞭
- 5 提手上勢
- 6 白鶴亮翅
- 7 左樓膝拗步
- 8 手揮琵琶
- 9 左右樓膝拗步
- 10 手揮琵琶
- 11 左樓膝拗步
- 12 進步搬攔捶
- 13 如封似閉
- 14 十字手

第二段

- 15 抱虎歸山
- 16 肘底看捶
- 17 左右倒撐猴
- 18 斜飛勢
- 19 提手上勢
- 20 白鶴亮翅
- 21 左樓膝拗步
- 22 海底針
- 23 扇通背
- 24 撇身捶
- 25 進步搬攔捶
- 26 上步攬雀尾
- 27 單鞭

- 28 雲手
- 29 單鞭
- 30 高探馬
- 31 左右分腳
- 32 轉身左蹬腳
- 33 左右樓膝拗步
- 34 進步栽捶
- 35 翻身撇身捶
- 36 進步搬攔捶
- 37 右蹬腳
- 38 左打虎勢
- 39 右打虎勢
- 40 回身右蹬腳
- 41 雙峰貫耳
- 42 左蹬腳
- 43 轉身右蹬腳
- 44 進步搬攔捶
- 45 如封似閉
- 46 十字手

第三段

- 47 抱虎歸山
- 48 斜單鞭
- 49 野馬分鬃
- 50 攬雀尾
- 51 單鞭
- 52 玉女穿梭
- 53 攬雀尾
- 54 單鞭
- 55 雲手

- 56 單鞭
- 57 下勢
- 58 金雞獨立
- 59 左右倒撐猴
- 60 斜飛勢
- 61 提手上勢
- 62 白鶴亮翅
- 63 左樓膝拗步
- 64 海底針
- 65 扇通背
- 66 轉身白蛇吐信
- 67 搬攔捶
- 68 攬雀尾
- 69 單鞭
- 70 雲手
- 71 單鞭
- 72 高探馬帶穿掌
- 73 十字腿
- 74 進步指襠捶
- 75 上步攬雀尾
- 76 單鞭
- 77 下勢
- 78 上步七星
- 79 退步跨虎
- 80 轉身擺蓮
- 81 彎弓射虎
- 82 進步搬攔捶
- 83 如封似閉
- 84 十字手
- 85 收勢

美國太極拳學會

USA TAI CHI ACADEMY

Website: www.usataichiacademy.com

e-mail address: usataichiacademy_1@gmail.com

Telephone: 832-567-5586



传统杨式太极拳 85 式拳谱

第一段

- 1 预备式
- 2 起势
- 3 揽雀尾
- 4 单鞭
- 5 提手上势
- 6 白鹤亮翅
- 7 左搂膝拗步
- 8 手挥琵琶
- 9 左右搂膝拗步
- 10 手挥琵琶
- 11 左搂膝拗步
- 12 进步搬拦捶
- 13 如封似闭
- 14 十字手

第二段

- 15 抱虎归山
- 16 肘底看捶
- 17 左右倒撵猴
- 18 斜飞势
- 19 提手上势
- 20 白鹤亮翅
- 21 左搂膝拗步
- 22 海底针
- 23 扇通背
- 24 撇身捶
- 25 进步搬拦捶
- 26 上步揽雀尾
- 27 单鞭

- 28 云手
- 29 单鞭
- 30 高探马
- 31 左右分脚
- 32 转身左蹬脚
- 33 左右搂膝拗步
- 34 进步栽捶
- 35 翻身撇身捶
- 36 进步搬拦捶
- 37 右蹬脚
- 38 左打虎势
- 39 右打虎势
- 40 回身右蹬脚
- 41 双峰贯耳
- 42 左蹬脚
- 43 转身右蹬脚
- 44 进步搬拦捶
- 45 如封似闭
- 46 十字手

第三段

- 47 抱虎归山
- 48 斜单鞭
- 49 野马分鬃
- 50 揽雀尾
- 51 单鞭
- 52 玉女穿梭
- 53 揽雀尾
- 54 单鞭
- 55 云手

- 56 单鞭
- 57 下势
- 58 金鸡独立
- 59 左右倒撵猴
- 60 斜飞势
- 61 提手上势
- 62 白鹤亮翅
- 63 左搂膝拗步
- 64 海底针
- 65 扇通背
- 66 转身白蛇吐信
- 67 搬拦捶
- 68 揽雀尾
- 69 单鞭
- 70 云手
- 71 单鞭
- 72 高探马带穿掌
- 73 十字腿
- 74 进步指裆捶
- 75 上步揽雀尾
- 76 单鞭
- 77 下势
- 78 上步七星
- 79 退步跨虎
- 80 转身摆莲
- 81 弯弓射虎
- 82 进步搬拦捶
- 83 如封似闭
- 84 十字手
- 85 收势

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Traditional Yang Style Tai Chi 85 Form

First Set	28 Cloud Hands	56 Single Whip
1 Preparation Form	29 Single Whip	57 Creep Down
2 Beginning	30 High Pat on Horse	58 Golden Rooster Stands on One Leg
3 Grasp Sparrow's Tail	31 Left and Right Separation Kick	59 Left and Right Repulse Monkey
4 Single Whip	32 Turn body and Left Heel Kick	60 Diagonal Flying
5 Lift Hand Upward	33 Left and Right Brush Knees and Push Hand	61 Lift Hand Upward
6 White Crane Spreads its Wings	34 Step Forward and Punch Down	62 White Crane Spreads its Wings
7 Left Brush Knee and Push Hand	35 Turn Body and Chop With Fist	63 Left Brush Knee and Push Hand
8 Hand Strums Flute	36 Step Forward, Strike, Parry and Punch	64 Needle at Bottom Sea
9 Left and Right Brush Knee and Push Hand	37 Right Heel Kick	65 Fan Through Back
10 Hand Strums Flute	38 Left Strike Tiger	66 Turn Body and White Snake Darts Its Tongue
11 Left Brush Knee and Push Hand	39 Right Strike Tiger	67 Strike, Parry and Punch
12 Step Forward, Strike, Parry and Punch	40 Turn Body and Right Heel Kick	68 Grasp Sparrow's Tail
13 Apparent Close Up	41 Twin Fists Strike Opponent Ears	69 Single Whip
14 Cross Hands	42 Left Heel Kick	70 Cloud Hands
	43 Turn Body and Right Heel Kick	71 Single Whip
Second Set	44 Step Forward, Strike, Parry and Punch	72 High Pat On Horse With Palm Thrust
15 Embrace Tiger and Return to Mountain	45 Apparent Close Up	73 Cross Kick
16 Fist Under Elbow	46 Cross Hands	74 Step Forward and Punch Groin
17 Left and Right Step Back and Repulse Monkey		75 Step Up and Grasp Sparrow's Tail
18 Diagonal Flying	Third Set	76 Single Whip
19 Lift Hand Upward	47 Embrace Tiger and Return to Mountain	77 Creep Down
20 White Crane Spreads its Wings	48 Diagonal Single Whip	78 Step Up To Seven Stars
21 Left Brush Knees and Push Hand	49 Parting Wild Horse's Mane	79 Step Back and Ride Tiger
22 Needle at Bottom Sea	50 Grasp Sparrow's Tail	80 Turn Body and Swing Over Lotus
23 Fan Through Back	51 Single Whip	81 Bend Bow and Shoot Tiger
24 Turn Body and Chop With Fist	52 Fair Lady Weaves Shuttles	82 Step Forward, Strike, Parry and Punch
25 Step Forward, Strike, Parry and Punch	53 Grasp Sparrow's Tail	83 Apparent Close Up
26 Step Up and Grasp Sparrow's Tail	54 Single Whip	84 Cross hands
27 Single Whip	55 Cloud Hands	85 Closing

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