



传统杨氏太极拳八十五式（一零八式）

Traditional Yang Style Taijiquan 85-Step (108-Step)

Yáng shì Tài jí quán

Chinese	English	Pinyin*
1 預備勢	Preparatory posture	yù bèi shì
2 太极起勢	Taijiquan begins	tài jí qǐ shì
3 攢雀尾（棚·捋·擠·按）	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wéi
4 單鞭	Single whip	dān biān
5 提手上勢	Raise arms	tí shǒu shàng shì
6 白鶴亮翅	(Should strike) White crane spreads its wings	bái hè liàng chì
7 搜膝拗步	Brush left knee and press	lōu xī ào bù
8 手揮琵琶	Play the pipa (Grasp)	shǒu huī pí pá
9 搜膝拗步（左·右·左）	Brush knee and press (3 times - Left, Right and Left)	lōu xī ào bù
10 手揮琵琶	Play the pipa (Grasp)	shǒu huī pí pá
11 搜膝拗步	Brush left knee and press	lōu xī ào bù
12 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lán chuí
13 如封似閉	Close up, withdraw and push	rú fēng sì bì
14 十字手	Cross hands	shí zì shǒu
15 抱虎歸山	Embrace tiger (Turn body to push)	bào hǔ guī shān
16 攢雀尾（棚·捋·擠·按）	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wéi
17 肘底看捶	Fist under elbow	zhǒu dǐ kàn chuí
18 倒攢猴（右·左·右·左·右）	Repulse monkey (5 times - right, left, right, left, right)	dào niǎn hóu
19 斜飛式	Diagonal Split	xié fēi shì
20 提手上勢	Raise arms	tí shǒu shàng shì
21 白鶴亮翅	White crane spreads its wings	bái hè liàng chì
22 左搜膝拗步	Brush left knee and press	lōu xī ào bù
23 海底針	Needle at sea bottom (strike palm below)	hǎi dǐ zhēn
24 扇通臂	Fan off	shān tōng bì
25 轉身撇身捶	Turn around and plunge fist	zhuǎn shēn piě shēn chuí
26 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lán chuí
27 上步攢雀尾（棚·捋·擠·按）	Step forward, grasp sparrow's tail (Ward off, deflect, press and push)	shàng bù lǎn què wéi



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28 單鞭	Single whip	dān biān
29 雲手 (五次)	Cloud hands (5 times)	yún shǒu
30 單鞭	Single whip	dān biān
31 高探馬	High pat on horse	gāo tàn mǎ
32 分腳 (右·左)	Stand on one leg and strike with foot (right, left)	fēn jiǎo
33 轉身左蹬腳	Turn around and kick with left heel	zhuǎn shēn dēng jiǎo
34 左右攢膝拗步	Brush knee and press (left and right)	lǒu xī ào bù
35 進步栽捶	Step forward and hammer down	jìn bù zāi chuí
36 轉身撇身捶	Turn around and plunge fist	zhuǎn shēn piě shēn chuí
37 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lán chuí
38 右蹬腳	Kick with right heel	yòu dēng jiǎo
39 左右打虎	Strike tiger (left and right)	zuǒ yòu dǎ hǔ
40 回身右蹬腳	Turn and kick with right heel	huí shēn yòu dēng jiǎo
41 雙峰貫耳	Strike both fists to opponent's ear	shuāng fēng guàn ěr
42 左蹬腳	Kick with left heel	zuǒ dēng jiǎo
43 轉身右蹬腳	Turn around and kick with right heel	zhuǎn shēn dēng jiǎo
44 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lán chuí
45 如封似閉	Close up, withdraw and push	rú fēng sì bì
46 十字手	Cross hands	shí zì shǒu
47 抱虎歸山	Embrace tiger	bào hǔ guī shān
48 攢雀尾 (棚·捋·擠·按)	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wéi
49 斜單鞭	Diagonal single whip	xié dān biān
50 野馬分鬃 (五次-右·左·右·左·右)	Wild horse parts mane, parting arms (5 times - right, left, right, left, right)	yě mǎ fēng zhōng
51 攢雀尾 (棚·捋·擠·按)	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wéi
52 單鞭	Single whip	dān biān
53 玉女穿梭 (四个斜角)	Shuttle at 4 diagonal directions (Fan off and press)	yù nǚ chuān suō
54 攢雀尾 (棚·捋·擠·按)	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wéi
55 單鞭	Single whip	dān biān



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56 雲手 (5次)	Cloud hands (5 times)	yūn shǒu
57 單鞭下勢	Single whip follow by body creeps down on left	dān biān xià shì
58 金雞獨立 (右·左)	Golden Rooster standing on one leg (right an left)	jīn jī dú lì
59 倒撐猴 (右·左·右·左·右)	Repulse monkey (5 times - right, left, right, left, right)	dǎo chēng hóu
60 斜飛式	Diagonal split	xié fēi shì
61 提手上勢	Raise arms	tí shǒu shàng shì
62 白鶴亮翅	White crane spreads its wings	bái hè liàng chì
63 左摟膝拗步	Brush left knee and press	lǒu xī ào bù
64 海底針	Needle at sea bottom (strike plam below)	hǎi dǐ zhēn
65 扇通臂	Fan off	shān tōng bì
66 白蛇吐信	Turn around and flick palm	bái sè tǔ xìn
67 搬攔捶	Deflect, parry, and punch	bān lán chuí
68 上步攬雀尾 (棚·捋·擠·按)	Step forward, grasp sparrow's tail (Ward off, deflect, press and push)	shàng bù lǎn què wéi
69 單鞭	Single whip	dān biān
70 雲手 (五次)	Cloud hands (5 times)	yūn shǒu
71 單鞭	Single whip	dān biān
72 高探馬	High pat on horse	gāo tàn mǎ
73 穿掌	Pierce with crossed palm	chuān zhǎng
74 轉身十字腿	Turn around and kick straight out (right foot)	zhuǎn shēn shí zì tuǐ
75 進步指裆捶	Step forward punch groin	jǐng bù zhǐ dāng chuí
76 上步攬雀尾 (棚·捋·擠·按)	Step forward, grasp sparrow's tail (Ward off, deflect, press and push)	shàng bù lǎn què wéi
77 單鞭下勢	Single whip, body creeps down	dān biān xià shì
78 上步七星	Step up to seven stars (Block with both fists)	shàng bù qī xīng
79 退步跨虎	Step back and ride tiger	tuì bù kuà hǔ
80 轉身擺蓮	Turn around and sweep with right leg	zhuǎn shēn bǎi lián
81 彎弓射虎	Draw bow, shoot tiger	wān gōng shè hǔ
82 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lán chuí
83 如封似閉	Close up, withdraw and push	rú fēng sì bì
84 十字手	Cross hands	shí zì shǒu
85 合太極	Conclusion of Taiji	hé tài jí