



传统黄氏太极拳三十七式

Traditional Huang Style Taijiquan 37-Step

huáng shì tài jí quán

Chinese	English	Pinyin*
1 預備太極起勢	Preparatory posture, Taiji begins	yù bèi tài jí qǐ shì
2 攢雀尾 (棚·捋·擠·按)	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wéi
3 單鞭	Single whip	dān biān
4 提手	Raise arms	tí shǒu
5 白鶴亮翅	(Shoulder Strike) White Crane Spread Wings - Spread arms	bái hè liàng chì
6 左摟膝拗步	Brush left knee and press	zuǒ lóu xī ào bù
7 手揮琵琶	Half step follow up and flex hands	shǒu huī pí pá
8 左摟膝拗步	Brush left knee and press	zuǒ lóu xī ào bù
9 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lǎn chuí
10 如封似閉	Close up, withdraw and push	rú fēng sì bì
11 十字手	Cross hands	shí zì shǒu
12 抱虎歸山	Turn right, embrace, left palm push, right deflect, press and push	bào hǔ guī shān
13 斜單鞭	Turn body left, Diagonal Single Whip	xié dān biān
14 肘底看捶	Fist under elbow	zhǒu dǐ kàn chuí
15 倒攢猴 (右·左·右)	Repulse Monkey - repulse and sweep arms (3 times - right, left, right)	dào niǎn hóu
16 斜飛式	Diagonal Split	xié fēi shì
17 雲手 (三次)	Cloud hands - embrace and turn body (3 times)	yūn shǒu
18 單鞭	Single whip	dān biān
19 蛇身下勢	Body creeps down	shé shēn xià shì
20 金雞獨立 (右·左)	Stands on one leg and raise other knee (right knee, left knee)	jīn jī dú lì
21 右左分腳	Stand on one leg and strike (point) with foot (right, left)	zuǒ yòu fēn jiǎo
22 轉身蹬腳	Turn around and kick with left heel	zhuǎn shēn dēng jiǎo
23 左右摟膝拗步	Brush knee and press (left and right)	zuǒ yòu lóu xī ào bù
24 進步栽捶	Step forward and hammer down	jìn bù zāi chuí
25 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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26 單鞭	Single whip	dān biān
27 玉女穿梭 (四个斜角)	Shuttle at 4 diagonal directions, fan off and press	yù nǚ chuān suō
28 攪雀尾 (棚·捋·擠·按)	Grasp sparrow's tail (Ward off, deflect, press and push)	lǎn què wěi
29 單鞭	Single whip	dān biān
30 蛇身下勢	Body creeps down	shé shēn xià shì
31 上步七星	Step up to seven stars (Step up and block with both fists)	shàng bù qī xīng
32 退步跨虎	Step back and ride tiger	tuì bù kuà hǔ
33 轉身擺蓮	Turn around and sweep with right leg	zhuǎn shēn bǎi lián
34 彎弓射虎	Draw bow, shoot tiger (block/punch)	wān gōng shè hǔ
35 進步搬攔捶	Step forward, deflect, parry, and punch	jìn bù bān lán chuí
36 如封似閉	Close up, withdraw and press	rú fēng sì bì
37 十字手合	Turn body, Cross arms. Conclusion	shí zì shǒu hé