

吴式精简太极拳名称 Wu Style Taicchichuan

1. 极起势 The Beginning Form	16. 转身蹬脚 Turn Body, Pedaling Foot
2. 揽雀尾 Grasping the Bird's Tail	17. 双峰贯耳 Strike the Ears with Double Fist
3. 单鞭 Single Whip	18. 野马分鬃 Parting the Wild Horse's Mane
4. 提手上势 Raise Hand Step Up	19. 玉女穿梭 Jade Girl Works at Shuttle
5. 白鹤亮翅 White Stork Flaps its Wings	20. 下势 Downward Posture
6. 搂膝拗步 Brush Knee Twist Step	21. 金鸡独立 Golden Cockerel on one Leg
7. 手挥琵琶 Hand Strums the Lute	22. 退步跨虎 Retreat Step, Ride the Tiger
8. 上步搬拦捶 Step Up Diverting and Blocking Fist	23. 迎面掌 Palm Goes to Meet the Face
1. 如封似闭 As if Closing Up	24. 转身双摆莲 Turn Body, Double Swing Lotus
10. 倒撵猴 Step back and Repulse Monkey	25. 弯弓射虎 Curve Bow, Shoot Tiger
11. 斜飞势 The Flying Oblique Posture	26. 上步迎面掌 Step Up Palm Goes to Meet the Face
12. 海底针 Needle at The Bottom of the Sea	27. 翻身撇身捶 Turn Body, Parry and Punch
13. 扇通背 Fan Through The Back	28. 上步揽雀尾 Step Up-Grasping the Bird's Tail
14. 云手 Cloud Hands	29. 单鞭 Single Whip.
15. 左右分脚 Left and Pedaling Leg	30. 合太极 Closing Tai Chi