

鄭榮光吳家太極貫串圓拳

Cheng Wing Kwong Wu Style Tai Chi Chuan

	中文	English
1	太極起式	Beginning of Tai Chi
2	太極出手	Raise Hands
3	攬雀尾	Grasp Bird's Tail
4	單鞭	Single Whip
5	斜飛勢	Slanting Flying Posture
6	提手上勢	Raise One Hand Above Head
7	白鶴亮翅	White Crane Spreads Wings
8	搜膝拗步一度	Brush Knee and Push 1 time
9	七星勢	Steven Star
10	搜膝拗步左右三度	Brush Knee and Push 3 times
11	手揮琵琶	Hand Plays Pi Pa
12	進步搬攔捶	Step Up with Deflecting and Blocking Punch
13	如封似閉	Seal Off and Push Forward
14	抱虎歸山	Carry Tiger to the Mountain
15	十字手	Cross Hands
16	斜搜膝拗步	Brush Knee and Push at diagonal Position
17	轉身搜膝拗步	Turn Body Brush Knee and Push
18	攬雀尾	Grasp Bird's Tail
19	斜單鞭	Single Whip at Diagonal Position
20	肘底看捶	Fist Under Elbow Punch
21	倒攢猴左右三度	Monkey Retreat and Expel Three Times
22	斜飛勢	Slanting Flying Posture
23	提手上勢	Raise One Hand Above Head
24	白鶴亮翅	White Crane Spreads Wings
25	搜膝拗步	Brush Knee and Push
26	海底針	Needle at Sea Bottom
27	扇通背	Play Arms like a Fan
28	翻身撇身捶	Turn, Dodge Body and Throw Punch
29	退步搬攔捶	Retreat with Deflecting and Blocking Punch
30	上步攬雀尾	Step Up and Grasp Bird's Tail
31	單鞭	Single Whip

鄭榮光吳家太極貫串圓拳

Cheng Wing Kwong Wu Style Tai Chi Chuan

	中文	English
32	雲手 (三度)	Cloud Hands (3 Times)
33	單鞭	Single Whip
34	左高探馬	Left High Pat Horse
35	右分腳	Swing with Right Leg
36	右高探馬	Right High Pat Horse
37	左分腳	Swing with Left Leg
38	轉身蹬腿	Turn Body and Kick with Heel
39	摟膝拗步左右二度	Brush Knee and Push Twice
40	進步栽捶	Step Forward and Punch Downwards
41	翻身撇身捶	Turn, Dodge Body and Throw Punch
42	上步高探馬	Step up and Perform High Pat Horse
43	披身右起腳	Turn Waist to the Left and Kick with Right Foot
44	退步七星	Step Back and Cross Leg
45	退步打虎勢二度	Retreat and Perform Hit the Tiger (Posture I & II)
46	分手踢腳	Split Hands and Kick Forward
47	雙峰貫耳	Strike Ears with Both Fists
48	披身左起腳	Turn Waist to the Right and Kick with Left Foot
49	轉身蹬腿	Turn Body Kick with Heel
50	撇身捶	Dodge Body and Throw Punch
51	上步搬攔捶	Step Forward, Block, deflect and punch
52	如封似閉	Seal Off and Push Forward
53	抱虎歸山	Carry Tiger to the Mountain
54	十字手	Cross Hands
56	斜摟膝拗步	Brush Knee and Push at diagonal Position
56	轉身摟膝拗步	Turn Body Brush Knee and Push
57	攬雀尾	Grasp Bird's Tail
58	斜單鞭	Single Whip at Diagonal Position
59	七星勢	Seven Star
60	野馬分鬃左一步	Parting the Wild Horse's Mane Once
61	七星勢	Seven Star
62	野馬分鬃右左三步	Parting the Wild Horse's Mane 3 times

鄭榮光吳家太極貫串圓拳

Cheng Wing Kwong Wu Style Tai Chi Chuan

	中文	English
63	七星勢	Seven Star
64	野馬分鬃左一度	Parting the Wild Horse's Mane Once
65	玉女穿梭左右二度	Fair Lady Works on Shuttle Twice
66	七星勢	Seven Star
67	野馬分鬃左一度	Parting the Wild Horse's Mane Once
68	玉女穿梳左右二度	Fair Lady Works on Shuttle Twice
69	攬雀尾	Grasp Bird's Tail
70	單鞭	Single Whip
71	雲手 (三度)	Cloud Hands (3 Times)
72	單鞭	Single Whip
73	下勢	Downward Posture
74	左金雞獨立	Golden Rooster Standing on Left Leg
75	右金雞獨立	Golden Rooster Standing on Right Leg
76	倒攆猴左右三度	Monkey Retreat and Expel Three Times
77	橫斜飛勢	Cross Slant Flying Posture
78	提手上勢	Raise One Hand Above Head
79	白鶴亮翅	White Crane Spreads Wings
80	摟膝拗步	Brush Knee and Push
81	海底針	Needle at Sea Bottom
82	扇通背	Play Arms like a Fan
83	翻身撇身捶	Turn, Dodge Body and Throw Punch
84	上步搬攔捶	Step Up with Deflecting and Blocking Punch
85	上步攬雀尾	Step Up and Grasp Bird's Tail
86	單鞭	Single Whip
87	雲手 (三度)	Cloud Hands (3 Times)
88	單鞭	Single Whip
89	高探馬	High Pat Horse
90	撲面掌	Slap Face with Palm
91	翻身單擺蓮	Rotate Body Single Lotus Swing
92	摟膝拗步右一度	Brush Knee and Push
93	上步指擋捶	Step Up and Punch at Groin

鄭榮光吳家太極貫串圓拳

Cheng Wing Kwong Wu Style Tai Chi Chuan

	中文	English
94	上步攬雀尾	Step Up and Grasp Bird's Tail
95	單鞭	Single Whip
96	下勢	Downward Posture
97	上步七星	Step Up Seven Stars
98	退步跨虎	Step Back and Ride on Tiger
99	轉身撲面掌	Turn Body and Slap Face with Palm
100	翻身雙擺蓮	Rotate Body Double Lotus Swing
101	彎弓射虎	Pull Bow to shoot Tiger
102	高探馬	High Pat Horse
103	撲面掌	Slap Face with Palm
104	撇身捶	Turn, Dodge Body and Throw Punch
105	實步高探馬	High Pat Horse
106	上步攬雀尾	Step Up and Grasp Bird's Tail
107	單鞭	Single Whip
108	合太極	Closing Tai Chi