

郑子简易太极拳名称  
zheng zi jian yi tai ji quan ming cheng  
Cheng Tzu's Taijiquan

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|----|--------------------------------------|---|
| 1  | 预备太极拳起式<br>yu bei tai ji quan qi shi | Preparation Posture                     |
| 2  | 揽雀尾<br>lan que wei                   | Grasp The Sparrow's Tail                |
| 3  | 单鞭<br>dan bian                       | Single Whip                             |
| 4  | 提手<br>ti shou                        | Lift Hands                              |
| 5  | 白鹤亮翅<br>bai he liang chi             | White Crane Spreads Wings               |
| 6  | 左搂膝拗步<br>zuo lou xi ao bu            | Brush Left Knee And Twist Step          |
| 7  | 手挥琵琶<br>shou hui pi pa               | Play Lute                               |
| 8  | 左搂膝拗步<br>zuo lou xi ao bu            | Brush Left Knee And Twist Step          |
| 9  | 进步搬揽捶<br>jin bu ban lan chui         | Step Forward Deflect Downward And Punch |
| 10 | 如封似闭<br>ru feng si bi                | Withdraw And Push                       |
| 11 | 十字手<br>shi zi shou                   | Cross Hands                             |
| 12 | 抱虎归山<br>bao hu gui shan              | Embrace Tiger Return To Mountain        |
| 13 | 斜单鞭<br>xie dan bian                  | Diagonal Single Whip                    |

14	肘底看捶 zhou di kan chui	Fist Under Elbow
15	倒攀猴 dao nian hou	Step Back To Repulse The Monkey
16	斜飞势 xie fei shi	Diagonal Flying Posture
17	云手 yun shou	Waving Hands Like Clouds
18	单鞭 dan bian	Single Whip
19	蛇身下势 she shen xia shi	Snake Creeps Down
20	金鸡独立 jin ji du li	Golden Pheasant Stands On One Leg
21	左右分脚 zuo you fen jiao	Separate Right And Left Foot
22	转身蹬脚 zhuan shen deng jiao	Turn And Kick With Heel
23	左右搂膝拗步 zuo you lou xi ao bu	Brush Knee And Twist Step
24	进步栽捶 jin bu zai chui	Step Forward And Strike With Fist
25	上步揽雀尾 shang bu lan que wei	Step Forward And Grasp Sparrow's Tail
26	单鞭 dan bian	Single Whip
27	玉女穿梭 yu nü chuan suo	Fair Lady Works At Shuttles
28	揽雀尾 lan que wei	Grasp The Sparrow's Tail

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| 29 | 单鞭<br>dan bian                  | Single Whip                                |
| 30 | 蛇身下势<br>she shen xia shi        | Snake Creeps Down                          |
| 31 | 上步七星<br>shang bu qi xing        | Step Forward To Seven Stars                |
| 32 | 退步跨虎<br>tui bu kua hu           | Step Back And Ride The Tiger               |
| 33 | 转身摆莲<br>zhuan shen bai lian     | Turn The Body And Sweep The Lotus With Leg |
| 34 | 弯弓射虎<br>wan gong she hu         | Bend The Bow, Shoot The Tiger              |
| 35 | 进步搬揽捶<br>jin bu ban lan chui    | Step Forward Deflect Downward And Punch    |
| 36 | 如封似闭<br>ru feng si bi           | Withdraw And Push                          |
| 37 | 十字手合太极<br>shi zi shou he tai ji | Ending Taiji                               |